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ABSTRACT

This booklet, designed to assist Project Head State personnel responsible for food programs, presents an extensive food buying guide and more than 40 recipes suitable for a Head Start feeding program. The food buying guide list buying information for food to be used by Project Head Start Centers serving breakfasts, lunches, and/or snacks. For each food, purchase information is provided concerning: (1) the form in which it may be reproduced (i.e., fresh, frozen, canned); (2) the size and description of each serving or portion; (3) the unit of purchase specified; (4) purchase units to buy 25 or 50 small servings; and (5) calculation of purchase units for an odd-size number of servings. General suggestions for preparing and serving vegetables, and making salads and sandwiches are also included. A table is provided to aid in detemining the amount of food to buy for use in the recipes. (BRT)

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*Project* **HEAD START**

# food buying guide and recipes

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Office of Economic Opportunity, Washington, D.C.

**Project HEAD START**
**Community Action Program**

# Food buying guide and recipes

Prepared by Agricultural Research Service and Consumer and Marketing Service

**U.S. Department of Agriculture**

for the

**Office of Economic Opportunity**
**Washington, D.C.**

Children of the poor are often inadequately fed or improperly nourished. One of the important contributions Project Head Start can make to the children enrolled in Child Development Centers is through sound nutritional practices observed in the planning of the food service. Such planning can contribute to a nutritious adequate diet for each child thereby improving his nutrition.

Each Center's food program will depend on the number of hours the Center is open, on facilities available for food preparation, serving and storage, as well as commonly accepted food customs in the home and in the community.

The FOOD BUYING GUIDE AND RECIPES booklet, designed to assist Project Head Start personnel responsible for the feeding program, can play a key role in helping to improve the nutrition of the children through the provision of appropriate well prepared meals served in correct amounts for little children, and in an atmosphere conducive to learning, comfort, and enjoyment.

Julius B. Richmond, M.D.
Director
Project Head Start

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# FOOD BUYING GUIDE AND RECIPES

**Introduction**

The food buying guide and recipes in this publication were developed especially for the Project Head Start feeding program. The publication was written as a guide for nutritionists, home economists, dietitians, school lunch supervisors and managers, extension supervisors, and those responsible for the purchase and preparation of food in the Head Start Centers. This material, when used together with "Nutrition, Better Eating for a Head Start", will help teachers and administrators attain the best results in improving the nutrition of the children.

The food buying guide, on pages 5 to 45, provides information for calculating the quantities of food to be purchased and used by Project Head Start Centers serving breakfasts, lunches, mid-morning or mid-afternoon snacks. Daily use and careful application of the information in this buying guide will assure that there are adequate amounts of food to prepare or use for the number of children to be served.

The information in this guide is in accord with recommendations on sizes of servings contained in "Nutrition, Better Eating for a Head Start", published by the Office of Economic Opportunity.

On pages 47 to 110 in this publication are quantity recipes and other information needed to prepare meals or snacks for those participating in the Project Head Start Centers. The use of these recipes will help assure appetizing, nutritious food that is appealing to children. The recipes have been standardized to give a definite number of portions of a size suitable for small children.

In addition, a table is included on pages 111 to 116 to help determine the amount of food to buy for use in the recipes. All items which would be purchased by weight or in cans, except spices, are included. Those purchased by volume are not included. The factors given in this table can be used for any size recipe used in different feeding centers.

**Explanation of table**

Foods have been listed in alphabetical order in the table (pages 9 to 45). In some cases, foods that have almost identical serving size and number of purchase units are listed under one general category; for example: Cereals, ready-to-eat, unsweetened, flaked and puffed. Buying information is given on the purchase of all ready-to-eat flakes and ready-to-eat puffs, and not specifically on "corn flakes" and "corn puffs".

The buying guide information is presented in table form for easy reference. The information is tabulated in four columns, as follows:

**Column 1, Food as Purchased.**—The foods are listed in alphabetical order in the form in which they are obtained on the market—fresh, frozen, canned, and dehydrated, regular dried or low moisture.

**Column 2, Size and Description of Serving or Portion.**—This column shows the serving size or portion as a measure, weight, or number of pieces or slices. The serving size or portion is based on **servings for small children** as specified in the nutrition guideline published in "Nutrition, Better Eating for a Head Start". Generally, two sizes of servings are shown. As indicated in the guidelines, some children may need larger portions or second servings. Adjustments will also need to be made in size of servings for adult helpers.

The description of the serving or portion tells the form in which the food is served; for example, cooked diced or raw chopped.

**Column 3, Purchase Unit.**—The unit of purchase specified for most foods is a pound. For processed foods, the purchase units are given in the most suitable institutional- or household-size packs.

**Columns 4 to 6, Purchase Units of Food to Buy for:**

**25 Servings and 50 Servings.**—These two columns indicate the number of units (weights, measures, or number of cans) to purchase for 25 or 50 servings of the size specified in Column 2. These figures are approximate because they have always been "rounded up" to the nearest fraction (1/4, 1/3, 1/2, 2/3, 3/4) to assure that enough food is purchased for a given number of servings. Therefore, the number of units to purchase for 50 is not always twice the number of units to purchase for 25.

**For Any Other Number of Servings (Multiply by the Factor Below):**—The number in this column can be used to calculate the amount to buy for any number of servings. The number is given in decimals because it is easier to multiply decimals than fractions. For example, to determine the amount of frozen strawberries to purchase for 67 servings, (1/4 cup fruit and juice, per serving) multiply 67 by the number 0.142 and the answer is 9.514 pounds.

$$67 \times 0.142 = 9.514$$

This number (9.514) is changed to the nearest higher fraction which is 9–2/3 pounds. (See table, "Changing Decimals To Fractions," below.) Thus, this method is an easy way to calculate the amount of food to purchase for the exact number of servings needed in any Head Start Center.

**CHANGING DECIMALS TO FRACTIONS**

| Decimal | Change To The Following Fraction: |
|---|---|
| 0.00 to 0.25 | 1/4 |
| .26 to .33 | 1/3 |
| .34 to .50 | 1/2 |
| .51 to .66 | 2/3 |
| .67 to .75 | 3/4 |
| .76 to 1.00 | 1 |

## COMMON CAN AND JAR SIZES

| Can Size (Industry term) | CONSUMER DESCRIPTION | | |
|---|---|---|---|
| | Average Net Weight or Fluid Measure per Can (Check label) | Average Cups per Can | Cans per Case |
| No. 10 | 6 lb. 8 oz. (104 oz.) to 7 lb. 5 oz. (117 oz.) | Number 12 – 13 | Number 6 |
| No. 3 Cyl. or 46 fl. oz. | 3 lb. 3 oz. (51 oz.) or 1 qt. 14 fl. oz. (46 fl. oz.) | 5–3/4 | 12 |
| No. 2–1/2 | 1 lb. 13 oz. (29 oz.) | 3–1/2 | 24 |
| No. 2 | 1 lb. 4 oz. (20 oz.) or 1 pt. 2 fl. oz. (18 fl. oz.) | 2–1/2 | 24 |
| No. 303 | 16 to 17 oz. | 2 | 24 |
| No. 300 | 14 to 16 oz. | 1–3/4 | 24 |
| No. 1 Picnic | 10–1/2 to 12 oz. | 1–1/4 | 48 |
| 8 oz. | 8 oz. | 1 | 48 or 72 |



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# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| APPLES | | | | | |
| Fresh | 1/2 small apple | Pound | 3–1/4 | 6–1/4 | 0.125 |
| | 1/4 small apple | Pound | 1–2/3 | 3–1/4 | .063 |
| Frozen, slices | 1/4 cup fruit and juice | Pound | 3–2/3 | 7–1/4 | .143 |
| | | 2–1/2-pound package | 1–1/2 | 3 | .057 |
| | 2 tablespoons fruit and juice | Pound | 2 | 3–2/3 | .072 |
| | | 2–1/2-pound package | 3/4 | 1–1/2 | .029 |
| Canned, slices | 1/4 cup fruit and juice | No. 2 can | 2–2/3 | 5–1/3 | .107 |
| | | No. 10 can | 1/2 | 1 | .020 |
| | 2 tablespoons fruit and juice | No. 2 can | 1–1/3 | 2–2/3 | .054 |
| | | No. 10 can | 1/4 | 1/2 | .010 |
| Dehydrated | | | | | |
| Low moisture, slices | 1/4 cup cooked | Pound | 2/3 | 1–1/4 | .023 |
| | 2 tablespoons cooked | Pound | 1/3 | 2/3 | .012 |
| APPLESAUCE | | | | | |
| Canned | 1/4 cup | No. 303 can | 3–1/2 | 7 | .137 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons | No. 303 can | 1–3/4 | 3–1/2 | .069 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| Dehydrated | | | | | |
| Low moisture | 1/4 cup cooked | Pound | 1/2 | 3/4 | .015 |
| | 2 tablespoons cooked | Pound | 1/2 | 3/4 | .015 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| APRICOTS | | | | | |
| Fresh | 1 medium apricot | Pound | 2–1/4 | 4–1/4 | 0.084 |
| | 1/2 medium apricot | Pound | 1–1/4 | 2–1/4 | .042 |
| Frozen, halves | 1/4 cup fruit and juice | Pound | 3–2/3 | 7–1/3 | .146 |
| | 2 tablespoons fruit and juice | Pound | 2 | 3–2/3 | .073 |
| Canned, halves | 1/4 cup fruit and juice | No. 2–1/2 can | 2 | 3–3/4 | .074 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 2–1/2 can | 1 | 2 | .037 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| Dehydrated Low moisture, slices | 1/4 cup cooked | Pound | 3/4 | 1–1/2 | .027 |
| | 2 tablespoons cooked | Pound | 1/2 | 3/4 | .014 |
| ASPARAGUS | | | | | |
| Fresh | 1/4 cup cooked cuts and tips | Pound | 3–1/2 | 7 | .139 |
| | 2 tablespoons cooked cuts and tips. | Pound | 1–3/4 | 3–1/2 | .070 |
| Frozen, spears or cuts and tips. | 1/4 cup cooked | Pound | 3–1/4 | 6–1/4 | .125 |
| | | 2–1/2-pound package | 1–1/4 | 2–1/2 | .050 |
| | 2 tablespoons cooked | Pound | 1–2/3 | 3–1/4 | .063 |
| | | 2–1/2-pound package | 2/3 | 1–1/4 | .025 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| ASPARAGUS—Continued | | | | | |
| Canned, cuts and tips | 1/4 cup heated | No. 300 can | 4–3/4 | 9–1/2 | 0.188 |
| | | No. 10 can | 2/3 | 1–1/3 | .027 |
| | 2 tablespoons heated | No. 300 can | 2–1/2 | 4–3/4 | .094 |
| | | No. 10 can | 1/3 | 2/3 | .014 |
| BANANAS | 1/3 medium banana | Pound | 3 | 5–2/3 | .112 |
| BEANS, DRY (All types) | 1/4 cup cooked | Pound | 1–1/4 | 2–1/3 | .046 |
| BEANS, GREEN OR WAX | | | | | |
| Fresh | 1/4 cup cooked | Pound | 2–1/3 | 4–2/3 | .092 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/3 | .046 |
| Frozen | 1/4 cup cooked | Pound | 2–1/4 | 4–1/4 | .085 |
| | | 2–1/2-pound package | 1 | 1–3/4 | .034 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/4 | .043 |
| | | 2–1/2-pound package | 1/2 | 1 | .017 |
| Canned | 1/4 cup heated | No. 303 can | 3–1/2 | 6–3/4 | .135 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons heated | No. 303 can | 1–3/4 | 3–1/2 | .068 |
| | | No. 10 can | 1/3 | 2/3 | .011 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| BEANS, LIMA | | | | | |
| Fresh, in pod | 1/4 cup cooked | Pound | 6 | 11–3/4 | 0.234 |
| | 2 tablespoons cooked | Pound | 3 | 6 | .117 |
| Fresh, shelled | 1/4 cup cooked | Pound | 2–1/3 | 4–2/3 | .092 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/3 | .046 |
| Frozen | 1/4 cup cooked | Pound | 2–1/2 | 4–3/4 | .094 |
| | | 2–1/2-pound package | 1 | 2 | .038 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/2 | .047 |
| | | 2–1/2-pound package | 1/2 | 1 | .019 |
| Canned | 1/4 cup heated | No. 303 can | 3–1/2 | 7 | .136 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons heated | No. 303 can | 1–3/4 | 3–1/2 | .068 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| Dry. See Beans, Dry. | | | | | |
| BEEF, FRESH | | | | | |
| Chuck roast | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/3 | 4–2/3 | .094 |
| With bone | 1 ounce cooked | Pound | 3–1/4 | 6–1/4 | .122 |
| Ground | 1 ounce cooked | Pound | 2–1/4 | 4–1/2 | .087 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| BEEF, FRESH—Continued | | | | | |
| Round roast | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/4 | 4–1/3 | 0.086 |
| With bone | 1 ounce cooked | Pound | 2–1/3 | 4–2/3 | .092 |
| Rump roast | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/4 | 4–1/3 | .086 |
| With bone | 1 ounce cooked | Pound | 2–3/4 | 5–1/2 | .109 |
| Steak, round | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/4 | 4–1/3 | .086 |
| With bone | 1 ounce cooked | Pound | 2–1/3 | 4–2/3 | .092 |
| Stew meat | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/2 | 5 | .096 |
| BEEF, DRIED | 1 ounce cooked | Pound | 1–1/4 | 2–1/2 | .050 |
| BEETS | | | | | |
| Fresh, without tops | 1/4 cup cooked, diced or sliced. | Pound | 3–1/3 | 6–2/3 | .133 |
| | 2 tablespoons cooked, diced or sliced. | Pound | 1–2/3 | 3–1/3 | .067 |



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# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| BEETS—Continued | | | | | |
| Canned, diced | 1/4 cup heated | No. 303 can | 3–1/2 | 7 | 0.140 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons heated | No. 303 can | 1–3/4 | 3–1/2 | .070 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| BLACKBERRIES | | | | | |
| Fresh | 1/4 cup berries | Quart | 1–1/2 | 3 | .056 |
| | 2 tablespoons berries | Quart | 3/4 | 1–1/2 | .028 |
| Frozen | 1/4 cup fruit and juice | Pound | 3–1/3 | 6–2/3 | .134 |
| | 2 tablespoons fruit and juice | Pound | 1–2/3 | 3–1/3 | .067 |
| Canned | 1/4 cup fruit and juice | No. 303 can | 3–1/2 | 7 | .138 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 303 can | 1–3/4 | 3–1/2 | .069 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| BLACKEYE PEAS | | | | | |
| Frozen | 1/4 cup cooked | Pound | 2–1/4 | 4–1/3 | .087 |
| | | 2–1/2-pound package | 1 | 1–3/4 | .035 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/4 | .044 |
| | | 2–1/2-pound package | 1/2 | 1 | .018 |



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# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| BLACKEYE PEAS—Continued | | | | | |
| Canned | 1 cup heated | No. 303 can | 4–1/4 | 8–1/4 | 0.166 |
| | | No. 10 can | 2/3 | 1–1/4 | .025 |
| | 2 tablespoons heated | No. 303 can | 2–1/4 | 4–1/4 | .083 |
| | | No. 10 can | 1/3 | 2/3 | .013 |
| Dry. See Beans, Dry. | | | | | |
| BLUEBERRIES | | | | | |
| Fresh | 1/4 cup berries | Pint | 2–1/3 | 4–2/3 | .092 |
| | 2 tablespoons berries | Pint | 1–1/4 | 2–1/3 | .046 |
| Frozen | 1/4 cup fruit and juice | Pound | 3–1/4 | 6–1/3 | .126 |
| | | 2–1/2-pound package | 1–1/3 | 2–2/3 | .051 |
| | 2 tablespoons fruit and juice | Pound | 1–2/3 | 3–1/4 | .063 |
| | | 2–1/2-pound package | 2/3 | 1–1/3 | .026 |
| Canned | 1/4 cup fruit and juice | No. 300 can | 4 | 7–2/3 | .151 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 300 can | 2 | 4 | .076 |
| | | No. 10 can | 1/3 | 2/3 | .011 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| BOYSENBERRIES | | | | | |
| Canned | 1/4 cup fruit and juice | No. 303 can | 3–1/2 | 7 | 0.138 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 303 can | 1–3/4 | 3–1/2 | .069 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| BREADS | | | | | |
| White or whole wheat | 1 slice | 1-pound loaf (16 slices) | 1–2/3 | 3–1/4 | .063 |
| | 1 slice | 1–1/2-pound loaf (24 slices) | 1–1/4 | 2–1/4 | .042 |
| | 1 slice | 2-pound sandwich loaf (28 slices) | 1 | 2 | .036 |
| BROCCOLI | | | | | |
| Fresh | 1/4 cup cooked cuts | Pound | 4 | 8 | .160 |
| | 2 tablespoons cooked cuts | Pound | 2 | 4 | .080 |
| Frozen | | | | | |
| Cuts, chopped | 1/4 cup cooked cuts, chopped. | Pound | 3 | 6 | .117 |
| | | 2–1/2-pound package | 1–1/4 | 2–1/3 | .047 |
| | 2 tablespoons cooked cuts, chopped. | Pound | 1–1/2 | 3 | .059 |
| | | 2–1/2-pound package | 2/3 | 1–1/4 | .024 |



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# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| BRUSSELS SPROUTS | | | | | |
| Fresh | 1/4 cup cooked | Pound | 3 | 5–2/3 | 0.114 |
| | 2 tablespoons cooked | Pound | 1–1/2 | 3 | .057 |
| Frozen | 1/4 cup cooked | Pound | 2–1/3 | 4–2/3 | .091 |
| | | 2–1/2-pound package | 1 | 2 | .037 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/3 | .046 |
| | | 2–1/2-pound package | 1/2 | 1 | .019 |
| BULGUR, CRACKED WHEAT. | 1/4 cup cooked | Pound | 1 | 1–2/3 | .032 |
| BUTTER OR MARGARINE | 1 teaspoon | Pound | 1/3 | 2/3 | .011 |
| CABBAGE | | | | | |
| Fresh | 2 tablespoons raw chopped | Pound | 1 | 1–3/4 | .035 |
| | 1/4 cup cooked wedges | Pound | 3–1/4 | 6–1/4 | .123 |
| | 2 tablespoons cooked wedges. | Pound | 1–2/3 | 3–1/4 | .062 |
| CANTALOUP | 1/8 melon | Melon (1–1/2 pounds) | 3–1/4 | 6–1/4 | .125 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| CARROTS | | | | | |
| Fresh | 3 raw strips | Pound | 7–1/4 | 2–1/4 | 0.042 |
| | 1/4 cup cooked, sliced or diced. | Pound | 3 | 6 | .118 |
| | 2 tablespoons cooked, sliced or diced. | Pound | 1–1/2 | 3 | .059 |
| Frozen | 1/4 cup cooked | Pound | 2–1/3 | 4–2/3 | .092 |
| | | 2–1/2-pound package | 1 | 2 | .037 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/3 | .046 |
| | | 2–1/2-pound package | 1/2 | 1 | .019 |
| Canned | 1/4 cup heated | No. 303 can | 3–1/2 | 7 | .138 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons heated | No. 303 can | 1–3/4 | 3–1/2 | .069 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| CATSUP | 1 tablespoon | 14-ounce bottle | 1–1/4 | 2–1/4 | .042 |
| CAULIFLOWER | | | | | |
| Fresh | 2 tablespoons raw sliced | Pound | 1–2/3 | 3–1/4 | .064 |
| | 1/4 cup cooked flowerets | Pound | 4–1/3 | 8–2/3 | .174 |
| | 2 tablespoons cooked flowerets | Pound | 2–1/4 | 4–1/3 | .087 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| CAULIFLOWER—Continued | | | | | |
| Frozen | 1/4 cup cooked | Pound | 2–2/3 | 5–1/3 | 0.106 |
| | | 2–1/2-pound package | 1–1/4 | 2–1/4 | .043 |
| | 2 tablespoons cooked | Pound | 1–1/3 | 2–2/3 | .053 |
| | | 2–1/2-pound package | 2/3 | 1–1/4 | .022 |
| CELERY | | | | | |
| Fresh | 2 raw sticks | Pound | 1–1/4 | 2–1/3 | .047 |
| | 1/4 cup cooked chopped | Pound | 1–3/4 | 5–1/2 | .110 |
| | 2 tablespoons cooked chopped. | Pound | 1–1/2 | 2–3/4 | .055 |
| CEREALS | | | | | |
| Ready-to-eat, unsweetened. | | | | | |
| Flakes | 1/2 cup | Pound | 1 | 1–2/3 | .032 |
| Puffed | 1/2 cup | Pound | 2/3 | 1–1/4 | .021 |
| CHEESE | | | | | |
| Cheddar | 1 ounce | Pound | 1–2/3 | 3–1/4 | .063 |
| Cottage | 2 tablespoons | Pound | 1–2/3 | 3–1/4 | .063 |
| CHEESE FOOD | 2 tablespoons | 16-ounce jar | 1–2/3 | 3–1/4 | .063 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| CHERRIES | | | | | |
| Fresh | | | | | |
| All varieties | 1/4 cup cherries | Pound | 2–1/2 | 5 | 0.098 |
| | 2 tablespoons cherries | Pound | 1–1/4 | 2–1/2 | .049 |
| Frozen | | | | | |
| Red, tart, pitted | 1/4 cup fruit and juice | Pound | 4 | 7–2/3 | .152 |
| | 2 tablespoons fruit and juice | Pound | 2 | 4 | .076 |
| Canned | | | | | |
| Red, tart, pitted | 1/4 cup fruit and juice | No. 303 can | 3–1/2 | 7 | .137 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 303 can | 1–3/4 | 3–1/2 | .069 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| CHICKEN, FRESH OR FROZEN. | | | | | |
| Fryer parts | | | | | |
| Breast halves | 1/2 of a breast half | Pound | 4 | 7–2/3 | .151 |
| Drumsticks | 1 drumstick | Pound | 4–2/3 | 9–1/4 | .185 |
| Thighs | 1 thigh | Pound | 5 | 10 | .199 |
| Stewing chicken | | | | | |
| Dressed | 1 ounce cooked | Pound | 4–1/4 | 8–1/2 | .168 |

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|---|---|---|---|---|---|
| COLLARDS | | | | | |
| Fresh | 1/4 cup cooked | Pound | 3 | 6 | 0.119 |
| | 2 tablespoons cooked | Pound | 1–1/2 | 3 | .060 |
| Frozen | 1/4 cup cooked | Pound | 2–3/4 | 5–1/2 | .108 |
| | | 3-pound package | 1 | 2 | .036 |
| | 2 tablespoons cooked | Pound | 1–1/2 | 2–3/4 | .054 |
| | | 3-pound package | 1/2 | 1 | .018 |
| Canned | 1/4 cup heated | No. 303 can | 4–2/3 | 9–1/3 | .186 |
| | | No. 10 can | 1 | 1–2/3 | .034 |
| | 2 tablespoons heated | No. 303 can | 2–1/3 | 4–2/3 | .093 |
| | | No. 10 can | 1/2 | 1 | .017 |
| CORN | | | | | |
| Fresh, on cob | 1/2 ear | Dozen | 1–1/4 | 2–1/4 | .042 |
| | 1/4 ear | Dozen | 2/3 | 1–1/4 | .021 |
| Fresh, in husks | 1/4 cup cooked kernels | Pound | 6 | 11–3/4 | .234 |
| | 2 tablespoons cooked kernels | Pound | 3 | 6 | .117 |
| Frozen | | | | | |
| Whole kernel | 1/4 cup cooked | Pound | 2–2/3 | 5–1/4 | .104 |
| | | 2–1/2-pound package | 1–1/4 | 2–1/4 | .042 |
| | 2 tablespoons cooked | Pound | 1–1/3 | 2–2/3 | .052 |
| | | 2–1/2-pound package | 2/3 | 1–1/4 | .021 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| CORN—Continued | | | | | |
| Canned | | | | | |
| Whole kernel | 1/4 cup heated | No. 303 can | 4 | 7–2/3 | 0.153 |
| | | No. 10 can | 2/3 | 1–1/4 | .023 |
| | 2 tablespoons heated | No. 303 can | 2 | 4 | .077 |
| | | No. 10 can | 1/3 | 2/3 | .012 |
| CORN GRITS | 1/4 cup cooked | Pound | 2/3 | 1–1/4 | .021 |
| CORNMEAL | 1/4 cup cooked | Pound | 2/3 | 1–1/4 | .022 |
| CRACKERS | | | | | |
| Graham | 2 crackers | Pound | 1 | 1–2/3 | .034 |
| Saltines | 4 crackers | Pound | 1 | 2 | .036 |
| Soda | 2 crackers | Pound | 2/3 | 1–1/4 | .025 |
| CUCUMBERS | | | | | |
| Fresh | 2 tablespoons diced | Pound | 1–2/3 | 3–1/4 | .061 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: | | |
|---|---|---|---|---|---|
| | | | 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
| DATES | | | | | |
| Dehydrated | | | | | |
| Regular dried | 1/4 cup dry fruit | Pound | 2–2/3 | 5–1/4 | 0.104 |
| | 2 tablespoons dry fruit | Pound | 1–1/3 | 2–2/3 | .052 |
| Low moisture | 1/4 cup dry fruit | Pound | 1–3/4 | 3–1/2 | .070 |
| | 2 tablespoons dry fruit | Pound | 1 | 1–3/4 | .035 |
| EGGS, SHELL | 1 egg | Dozen | 2–1/4 | 4–1/4 | .084 |
| FISH | | | | | |
| Fresh or frozen | | | | | |
| Fillets | 1 ounce cooked | Pound | 2–1/2 | 5 | .098 |
| Frozen | | | | | |
| Portions, breaded or unbreaded. | 1 portion | Pound | 3–1/4 | 6–1/4 | .125 |
| Sticks | 2 sticks | Pound | 3–1/4 | 6–1/4 | .125 |
| Canned. See Salmon, Tuna. | | | | | |
| FRANKFURTERS (all meat) | | | | | |
| 8 per pound | 1 frankfurter | Pound | 3–1/4 | 6–1/4 | .125 |
| 10 per pound | 1 frankfurter | Pound | 2–1/2 | 5 | .100 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| FRUIT COCKTAIL | | | | | |
| Canned | 1/4 cup fruit and juice | No. 303 can | 3–1/3 | 6–2/3 | 0.132 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 303 can | 1–2/3 | 3–1/3 | .066 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| Dehydrated | | | | | |
| Low moisture | 1/4 cup cooked | Pound | 2/3 | 1–1/4 | .025 |
| | 2 tablespoons cooked | Pound | 1/3 | 2/3 | .013 |
| GELATIN, FLAVORED | 1/4 cup ready-to-serve | 3-ounce package | 3–1/4 | 6–1/4 | .125 |
| GRAPEFRUIT | | | | | |
| Fresh | 1/4 cup sections | Pound | 7–1/4 | 14–1/2 | .290 |
| | 2 tablespoons sections | Pound | 3–2/3 | 7–1/4 | .145 |
| Frozen, sections | 1/4 cup fruit and juice | Pound | 3–1/2 | 7 | .136 |
| | 2 tablespoons fruit and juice | Pound | 1–3/4 | 3–1/2 | .068 |
| Canned, sections | 1/4 cup fruit and juice | No. 300 can | 3–3/4 | 7–1/2 | .150 |
| | | No. 3 cylinder can | 1–1/4 | 2–1/4 | .044 |
| | 2 tablespoons fruit and juice | No. 300 can | 2 | 3–3/4 | .075 |
| | | No. 3 cylinder can | 2/3 | 1–1/4 | .022 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: | | |
|---|---|---|---|---|---|
| | | | 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
| GRAPES | | | | | |
| Fresh, seedless | 1/4 cup grapes | Pound | 2–1/2 | 5 | 0.099 |
| | 2 tablespoons grapes | Pound | 1–1/4 | 2–1/2 | .050 |
| HAM. See Pork, cured. | | | | | |
| HAMBURGER. See Beef, fresh, ground. | | | | | |
| HONEY | | | | | |
| Strained | 1 tablespoon | Pound | 1–1/4 | 2–1/2 | .047 |
| HONEYDEW MELON | | | | | |
| Fresh | 1/4 cup cubed | Pound | 4–1/4 | 8–1/3 | .166 |
| | 2 tablespoons cubed | Pound | 2–1/4 | 4–1/4 | .083 |
| ICE CREAM | 1/4 cup | Quart | 1–2/3 | 3–1/4 | .063 |
| JAMS AND JELLIES | 1 tablespoon | 10-ounce jar | 1–1/2 | 3 | .056 |
| | | 18-ounce jar | 1 | 2 | .040 |
| JUICES | | | | | |
| Fruit and vegetable | | | | | |
| Frozen, concentrated | 1/4 cup reconstituted | 6-fluid ounce can | 2–1/4 | 4–1/4 | .084 |
| | | 12-fluid ounce can | 1–1/4 | 2–1/4 | .042 |
| | | 32-fluid ounce can | 1/2 | 1 | .016 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| JUICES—Continued. | | | | | |
| Fruit and vegetable—Continued. | | | | | |
| Canned, single strength | 1/4 cup juice | 18-fluid ounce can (No. 2 can) | 3 | 5–2/3 | 0.112 |
| | | 46-fluid ounce can (No. 3 cylinder can) | 1–1/4 | 2–1/4 | .044 |
| | | 96-fluid ounce can (No. 10 can) | 2/3 | 1–1/4 | .021 |
| KALE | | | | | |
| Fresh | 1/4 cup cooked | Pound | 2–1/2 | 4–3/4 | .095 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/2 | .048 |
| Frozen | 1/4 cup cooked | Pound | 3–1/3 | 6–2/3 | .133 |
| | | 3-pound package | 1–1/4 | 2–1/4 | .045 |
| | 2 tablespoons cooked | Pound | 1–2/3 | 3–1/3 | .067 |
| | | 3-pound package | 2/3 | 1–1/4 | .023 |
| Canned | 1/4 cup heated | No. 303 can | 4–3/4 | 9–1/2 | .188 |
| | | No. 10 can | 1 | 1–2/3 | .034 |
| | 2 tablespoons heated | No. 303 can | 2–1/2 | 4–3/4 | .094 |
| | | No. 10 can | 1/2 | 1 | .017 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: | | |
|---|---|---|---|---|---|
| | | | 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
| LAMB | | | | | |
| Ground | 1 ounce cooked | Pound | 2–2/3 | 5–1/4 | 0.103 |
| Shoulder roast | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/4 | 4–1/2 | .090 |
| With bone | 1 ounce cooked | Pound | 3 | 5–3/4 | .115 |
| Stew meat | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/2 | 5 | .096 |
| LETTUCE, HEAD | | | | | |
| Fresh | 2 tablespoons raw pieces | Pound | 1/2 | 1 | .020 |
| LIMA BEANS. See Beans, Lima. | | | | | |
| LIVER | | | | | |
| Beef | 1 ounce cooked | Pound | 2–1/3 | 4–2/3 | .091 |
| Pork | 1 ounce cooked | Pound | 2–2/3 | 5–1/4 | .104 |
| LUNCHEON MEAT | 1-ounce slice | Pound | 1–2/3 | 3–1/4 | .063 |
| MACARONI | 1/4 cup cooked | Pound | 3/4 | 1–1/2 | .028 |
| MARGARINE. See Butter. | | | | | |

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|---|---|---|---|---|---|
| MAYONNAISE. See Salad dressing. | | | | | |
| MEAT. See Beef, Lamb, Pork, Veal. | | | | | |
| MELONS. See Cantaloup, Honeydew, Watermelon. | | | | | |
| MIXED VEGETABLES | | | | | |
| Frozen | 1/4 cup cooked | Pound | 2–3/4 | 5–1/2 | 0.110 |
| | | 2–1/2-pound package | 1–1/4 | 2–1/4 | .044 |
| | 2 tablespoons cooked | Pound | 1–1/2 | 2–3/4 | .055 |
| | | 2–1/2-pound package | 2/3 | 1–1/4 | .022 |
| Canned | 1/4 cup heated | No. 303 can | 3–2/3 | 7–1/4 | .143 |
| | | No. 10 can | 2/3 | 1–1/4 | .022 |
| | 2 tablespoons heated | No. 303 can | 2 | 3–2/3 | .072 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| MUSTARD GREENS | | | | | |
| Fresh | 1/4 cup cooked | Pound | 5–1/4 | 10–1/4 | .205 |
| | 2 tablespoons cooked | Pound | 2–2/3 | 5–1/4 | .103 |

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|---|---|---|---|---|---|
| MUSTARD GREENS—Continued | | | | | |
| Frozen | 1/4 cup cooked | Pound | 3–2/3 | 7–1/4 | 0.142 |
| | | 3-pound package | 1–1/4 | 2–1/2 | .048 |
| | 2 tablespoons cooked | Pound | 2 | 3–2/3 | .071 |
| | | 3-pound package | 2/3 | 1–1/4 | .024 |
| Canned | 1/4 cup heated | No. 303 can | 4–1/2 | 9 | .180 |
| | | No. 10 can | 1 | 1–2/3 | .034 |
| | 2 tablespoons heated | No. 303 can | 2–1/4 | 4–1/2 | .090 |
| | | No. 10 can | 1/2 | 1 | .017 |
| NECTARINES | | | | | |
| Fresh | 1/2 nectarine | Pound | 3–1/4 | 6–1/4 | .125 |
| | 1/4 nectarine | Pound | 1–2/3 | 3–1/4 | .063 |
| NOODLES | 1/4 cup cooked | Pound | 1 | 1–2/3 | .032 |
| OATMEAL. See Rolled Oats. | | | | | |
| OKRA | | | | | |
| Fresh | 1/4 cup cooked | Pound | 2–3/4 | 5–1/2 | .110 |
| | 2 tablespoons cooked | Pound | 1–1/2 | 2–3/4 | .055 |

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|---|---|---|---|---|---|
| OKRA—Continued | | | | | |
| Frozen | 1/4 cup cooked | Pound | 3–1/4 | 6–1/2 | 0.128 |
| | | 3-pound package | 1–1/4 | 2–1/4 | .043 |
| | 2 tablespoons cooked | Pound | 1–2/3 | 3–1/4 | .064 |
| | | 3-pound package | 2/3 | 1–1/4 | .022 |
| Canned | 1/4 cup heated | No. 303 can | 3–2/3 | 7–1/4 | .141 |
| | | No. 10 can | 2/3 | 1–1/4 | .025 |
| | 2 tablespoons heated | No. 303 can | 2 | 3–2/3 | .071 |
| | | No. 10 can | 1/3 | 2/3 | .013 |
| ONIONS, MATURE | | | | | |
| Fresh | 1 tablespoon chopped | Pound | 2/3 | 1–1/4 | .025 |
| | 1/4 cup cooked pieces | Pound | 3–2/3 | 7–1/4 | .143 |
| | 2 tablespoons cooked pieces | Pound | 2 | 3–2/3 | .072 |
| ORANGES | | | | | |
| Fresh | 1/2 orange | Dozen | 1–1/4 | 2–1/4 | .042 |
| | 1/4 cup sections | Pound | 4–1/2 | 9 | .178 |
| | 2 tablespoons sections | Pound | 2–1/4 | 4–1/2 | .089 |
| ORANGE JUICE. See Juices, Fruit and vegetable. | | | | | |

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|---|---|---|---|---|---|
| PARSNIPS | | | | | |
| Fresh | 1/4 cup cooked pieces | Pound | 3–1/4 | 6–1/3 | 0.127 |
| | 2 tablespoons cooked pieces | Pound | 1–2/3 | 3–1/4 | .064 |
| PEACHES | | | | | |
| Fresh | 1/2 peach | Pound | 3–1/4 | 6–1/4 | .125 |
| | 1/4 peach | Pound | 1–2/3 | 3–1/4 | .063 |
| Frozen, sliced | 1/4 cup fruit and juice | Pound | 3–3/4 | 7–1/2 | .148 |
| | 2 tablespoons fruit and juice | Pound | 2 | 3–3/4 | .074 |
| Canned, sliced | 1/4 cup fruit and juice | No. 2–1/2 can | 2 | 4 | .078 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 2–1/2 can | 1 | 2 | .039 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| Dehydrated | | | | | |
| Low moisture, slices | 1/4 cup cooked | Pound | 2/3 | 1–1/3 | .026 |
| | 2 tablespoons cooked | Pound | 1/3 | 2/3 | .013 |
| PEANUT BUTTER | 2 tablespoons | Pound | 2 | 3–2/3 | .072 |
| | | No. 10 can | 1/3 | 2/3 | .011 |

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|---|---|---|---|---|---|
| PEARS | | | | | |
| Fresh | 1/2 pear | Pound | 3–1/4 | 6–1/4 | 0.125 |
| | 1/4 pear | Pound | 1–2/3 | 3–1/4 | .063 |
| Canned, halves | 1/4 cup fruit and juice | No. 303 can | 3–1/2 | 6–3/4 | .135 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 303 can | 1–3/4 | 3–1/2 | .068 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| PEAS, DRY | | | | | |
| Split | 1/4 cup cooked | Pound | 1–1/4 | 2–1/2 | .050 |
| PEAS, GREEN | | | | | |
| Fresh | | | | | |
| In pod | 1/4 cup cooked | Pound | 6–1/2 | 12–3/4 | .254 |
| | 2 tablespoons cooked | Pound | 3–1/4 | 6–1/2 | .127 |
| Shelled | 1/4 cup cooked | Pound | 2–1/2 | 5 | .096 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/2 | .048 |
| Frozen | 1/4 cup cooked | Pound | 2–1/2 | 5 | .096 |
| | | 2–1/2-pound package | 1 | 2 | .039 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/2 | .048 |
| | | 2–1/2-pound package | 1/2 | 1 | .020 |

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|---|---|---|---|---|---|
| PEAS, GREEN—Continued. | | | | | |
| Canned | 1/4 cup heated | No. 303 can | 3–2/3 | 7–1/4 | 0.143 |
| | | No. 10 can | 2/3 | 1–1/4 | .022 |
| | 2 tablespoons heated | No. 303 can | 2 | 3–2/3 | .072 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| PEAS AND CARROTS | | | | | |
| Frozen | 1/4 cup cooked | Pound | 2–1/2 | 5 | .100 |
| | | 2–1/2-pound package | 1 | 2 | .040 |
| | 2 tablespoons cooked | Pound | 1–1/4 | 2–1/2 | .050 |
| | | 2–1/2-pound package | 2/3 | 1 | .020 |
| Canned | 1/4 cup heated | No. 303 can | 3–2/3 | 7–1/4 | .143 |
| | | No. 10 can | 2/3 | 1–1/4 | .022 |
| | 2 tablespoons heated | No. 303 can | 2 | 3–2/3 | .072 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| PEPPERS, GREEN | | | | | |
| Fresh | 2 tablespoons raw strips | Pound | 1 | 1–2/3 | .032 |
| PINEAPPLE | | | | | |
| Fresh | 1/4 cup cubed | Pound | 4–1/2 | 8–2/3 | .171 |
| | 2 tablespoons cubed | Pound | 2–1/4 | 4–1/3 | .086 |
| Frozen, chunks | 1/4 cup fruit and juice | Pound | 3–1/2 | 7 | .136 |
| | 2 tablespoons fruit and juice | Pound | 1–3/4 | 3–1/2 | .068 |

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|---|---|---|---|---|---|
| PINEAPPLE—Continued | | | | | |
| Canned | | | | | |
| Chunks, cubes, tidbits. | 1/4 cup fruit and juice | No. 2–1/2 can | 2 | 3–2/3 | 0.073 |
| | | No. 10 can | 1/2 | 1 | .020 |
| | 2 tablespoons fruit and juice | No. 2–1/2 can | 1 | 2 | .037 |
| | | No. 10 can | 1/4 | 1/2 | .010 |
| Crushed | 1/4 cup fruit and juice | No. 2–1/2 can | 2 | 4 | .076 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 2–1/2 can | 1 | 2 | .038 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| PLUMS | | | | | |
| Fresh | 1 plum | Pound | 3–1/4 | 6–1/4 | .125 |
| | 1/2 plum | Pound | 1–2/3 | 3–1/4 | .063 |
| Canned | | | | | |
| Purple, whole | 1/4 cup fruit and juice | No. 2–1/2 can | 2 | 3–2/3 | .074 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 2–1/2 can | 1 | 2 | .037 |
| | | No. 10 can | 1/3 | 2/3 | .011 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| PORK, CURED | | | | | |
| Ham | | | | | |
| Boneless | 1 ounce cooked slices | Pound | 2–1/2 | 5 | 0.097 |
| With bone | 1 ounce cooked slices | Pound | 3 | 5–2/3 | .113 |
| Shoulder roast (Boston butt) | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/3 | 4–2/3 | .093 |
| With bone | 1 ounce cooked | Pound | 2–1/2 | 4–3/4 | .094 |
| Ham, canned | | | | | |
| Chopped | 1 ounce cooked chopped | Pound | 1–2/3 | 3–1/4 | .063 |
| Smoked | 1 ounce cooked slices and pieces. | Pound | 2–1/4 | 4–1/4 | .082 |
| PORK, FRESH | | | | | |
| Ground | 1 ounce cooked | Pound | 2–3/4 | 5–1/2 | .110 |
| Sausage | | | | | |
| Bulk or link | 1 ounce cooked | Pound | 3–1/3 | 6–2/3 | .131 |
| Shoulder roast (picnic) | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/2 | 5 | .098 |
| With bone | 1 ounce cooked | Pound | 4 | 7–2/3 | .152 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| POTATOES | | | | | |
| Fresh | 1/4 cup cooked diced | Pound | 2–3/4 | 5–1/2 | 0.109 |
| | 2 tablespoons cooked diced | Pound | 1–1/2 | 2–3/4 | .055 |
| | 1/4 cup cooked mashed | Pound | 3–2/3 | 7–1/4 | .145 |
| | 2 tablespoons cooked mashed. | Pound | 2 | 3–2/3 | .073 |
| | 1/2 baked potato | Pound | 3–1/4 | 6–1/4 | .125 |
| | 1/4 baked potato | Pound | 1–2/3 | 3–1/4 | .063 |
| Canned Small, whole | 1/4 cup heated | No. 2 can | 3–1/4 | 6–1/4 | .122 |
| | | No. 10 can | 2/3 | 1–1/4 | .022 |
| | 2 tablespoons heated | No. 2 can | 1–2/3 | 3–1/4 | .061 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| Dehydrated Low moisture flakes or granules. | 1/4 cup reconstituted | Pound | 2/3 | 1–1/4 | .024 |
| | 2 tablespoons reconstituted | Pound | 1/3 | 2/3 | .012 |
| PRUNES | | | | | |
| Canned | 1/4 cup fruit and juice | No. 2–1/2 can | 2 | 3–3/4 | .074 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons fruit and juice | No. 2–1/2 can | 1 | 2 | .037 |
| | | No. 10 can | 1/3 | 2/3 | .011 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| PRUNES—Continued | | | | | |
| Dehydrated | | | | | |
| Regular dried | 1/4 cup cooked | Pound | 1–1/2 | 2–3/4 | 0.055 |
| | 2 tablespoons cooked | Pound | 3/4 | 1–1/2 | .028 |
| Low moisture | 1/4 cup cooked | Pound | 3/4 | 1–1/2 | .030 |
| | 2 tablespoons cooked | Pound | 1/2 | 3/4 | .015 |
| RADISHES (no tops) | 1 tablespoon raw sliced | Pound | 1/2 | 1 | .019 |
| RAISINS | | | | | |
| Dehydrated | | | | | |
| Regular dried | 1/4 cup dried fruit | Pound | 2–1/4 | 4–1/2 | .090 |
| | 2 tablespoons dried fruit | Pound | 1–1/4 | 2–1/4 | .045 |
| RASPBERRIES | | | | | |
| Fresh | 1/4 cup berries | Pint | 2–2/3 | 5–1/4 | .105 |
| | 2 tablespoons berries | Pint | 1–1/3 | 2–2/3 | .053 |
| Frozen | | | | | |
| Red | 1/4 cup fruit and juice | Pound | 3–1/2 | 7 | .136 |
| | 2 tablespoons fruit and juice | Pound | 1–3/4 | 3–1/2 | .068 |
| Canned | | | | | |
| Red | 1/4 cup fruit and juice | No. 303 can | 3–1/2 | 7 | .136 |
| | | No. 10 can | 1/2 | 1 | .020 |
| | 2 tablespoons fruit and juice | No. 303 can | 1–3/4 | 3–1/2 | .068 |
| | | No. 10 can | 1/4 | 1/2 | .010 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| RHUBARB | | | | | |
| Fresh, partly trimmed | 1/4 cup cooked | Pound | 3–1/3 | 6–2/3 | 0.133 |
| | 2 tablespoons cooked | Pound | 1–2/3 | 3–1/3 | .067 |
| Frozen | 1/4 cup fruit and juice | Pound | 3–1/4 | 6–1/2 | .130 |
| | | 2–1/2-pound package | 1–1/3 | 2–2/3 | .052 |
| | 2 tablespoons fruit and juice | Pound | 1–2/3 | 3–1/3 | .065 |
| | | 2–1/2-pound package | 2/3 | 1–1/3 | .026 |
| RICE | 1/4 cup cooked | Pound | 3/4 | 1–1/2 | .030 |
| ROLLED OATS | 1/4 cup cooked | Pound | 2/3 | 1–1/4 | .022 |
| ROLLED WHEAT | 1/4 cup cooked | Pound | 1 | 2 | .038 |
| RUTABAGAS | | | | | |
| Fresh | 1/4 cup cooked cubed | Pound | 3–1/4 | 6–1/4 | .121 |
| | 2 tablespoons cooked cubed | Pound | 1–2/3 | 3–1/4 | .061 |
| SALAD DRESSING | 1 teaspoon | 8 ounces | 2/3 | 1–1/4 | .021 |
| | | 1 pint | 1/3 | 2/3 | .011 |
| SALMON | | | | | |
| Canned | 1 ounce | 16-ounce can | 2 | 4 | .077 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| SAUERKRAUT | | | | | |
| Canned | 1/4 cup heated | No. 303 can | 3–1/4 | 6–1/4 | 0.124 |
| | | No. 10 can | 2/3 | 1–1/4 | .021 |
| | 2 tablespoons heated | No. 303 can | 1–2/3 | 3–1/4 | .062 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| SIRUPS | 1 tablespoon | 12 fluid ounces | 1–1/4 | 2–1/4 | .042 |
| SOUPS | | | | | |
| Canned, condensed | 1/2 cup reconstituted | No. 1 picnic (about 10-ounce can) | 5 | 10 | .200 |
| | | No. 3 cylinder (about 50-ounce can) | 1–1/4 | 2–1/4 | .044 |
| Frozen | 1/2 cup reconstituted | 10-ounce can | 5 | 10 | .200 |
| SPAGHETTI | 1/4 cup cooked | Pound | 3/4 | 1–1/2 | .028 |
| SPINACH | | | | | |
| Fresh | 2 tablespoons raw pieces | Pound | 1/2 | 1 | .020 |
| | 1/4 cup cooked | Pound | 4–1/4 | 8–1/4 | .164 |
| | 2 tablespoons cooked | Pound | 2–1/4 | 4–1/4 | .082 |
| Frozen | 1/4 cup cooked | Pound | 3–1/3 | 6–2/3 | .131 |
| | | 3-pound package | 1–1/4 | 2–1/4 | .044 |
| | 2 tablespoons cooked | Pound | 1–2/3 | 3–1/3 | .066 |
| | | 3-pound package | 2/3 | 1–1/4 | .022 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| SPINACH—Continued | | | | | |
| Canned | 1/4 cup heated | No. 303 can | 4–2/3 | 9–1/4 | 0.182 |
| | | No. 10 can | 1 | 1–2/3 | .034 |
| | 2 tablespoons heated | No. 303 can | 2–1/3 | 4–2/3 | .091 |
| | | No. 10 can | 1/2 | 1 | .017 |
| SQUASH, SUMMER [1] | | | | | |
| Fresh | 1/4 cup cooked diced | Pound | 3–2/3 | 7–1/4 | .141 |
| | 2 tablespoons cooked diced | Pound | 1–3/4 | 3–2/3 | .071 |
| Frozen | 1/4 cup cooked | Pound | 3 | 6 | .117 |
| | | 2–1/2-pound package | 1–1/4 | 2–1/3 | .047 |
| | 2 tablespoons cooked | Pound | 1–1/2 | 3 | .059 |
| | | 2–1/2-pound package | 2/3 | 1–1/4 | .024 |
| SQUASH, WINTER [2] | | | | | |
| Fresh | 1/4 cup cooked cubed | Pound | 5–1/3 | 10–2/3 | .211 |
| | 2 tablespoons cooked cubed | Pound | 2–2/3 | 5–1/3 | .106 |
| Frozen | 1/4 cup cooked | Pound | 3–2/3 | 7–1/3 | .146 |
| | | 2–1/2-pound package | 1–1/2 | 3 | .059 |
| | 2 tablespoons cooked | Pound | 2 | 3–2/3 | .073 |
| | | 2–1/2-pound package | 3/4 | 1–1/2 | .030 |

[1] Such as crookneck, straightneck, and zucchini.
[2] Such as acorn, butternut, and hubbard.



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# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| STRAWBERRIES | | | | | |
| Fresh | 1/4 cup whole berries | Quart | 1–1/2 | 3 | 0.060 |
| | 2 tablespoons whole berries | Quart | 3/4 | 1–1/2 | .030 |
| Frozen | 1/4 cup fruit and juice | Pound | 3–2/3 | 7–1/4 | .142 |
| | 2 tablespoons fruit and juice | Pound | 2 | 3–2/3 | .071 |
| Canned | 1/4 cup fruit and juice | No. 303 can | 3–1/2 | 6–3/4 | .134 |
| | | No. 10 can | 1/2 | 1 | .020 |
| | 2 tablespoons fruit and juice | No. 303 can | 1–3/4 | 3–1/2 | .067 |
| | | No. 10 can | 1/4 | 1/2 | .010 |
| SUCCOTASH | | | | | |
| Frozen | 1/4 cup cooked | Pound | 2–2/3 | 5–1/4 | .103 |
| | | 2–1/2-pound package | 1–1/4 | 2–1/4 | .042 |
| | 2 tablespoons cooked | Pound | 1–1/3 | 2–2/3 | .052 |
| | | 2–1/2-pound package | 2/3 | 1–1/4 | .021 |
| Canned | 1/4 cup heated | No. 303 can | 4–1/4 | 8–1/2 | .168 |
| | | No. 10 can | 2/3 | 1–1/4 | .025 |
| | 2 tablespoons heated | No. 303 can | 2–1/4 | 4–1/4 | .084 |
| | | No. 10 can | 1/3 | 2/3 | .013 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| SWEETPOTATOES | | | | | |
| Fresh | 1/4 cup cooked sliced | Pound | 4 | 7–3/4 | 0.154 |
| | 2 tablespoons cooked sliced | Pound | 2 | 4 | .077 |
| | 1/4 baked potato | Pound | 3–1/4 | 6–1/4 | .125 |
| Frozen | 1/4 cup cooked | Pound | 3 | 5–2/3 | .113 |
| | | 2–1/2-pound package | 1–1/4 | 2–1/4 | .045 |
| | 2 tablespoons cooked | Pound | 1–1/2 | 3 | .056 |
| | | 2–1/2-pound package | 2/3 | 1–1/4 | .023 |
| Canned, sirup pack | 1/4 cup heated | No. 2 can | 3–1/4 | 6–1/3 | .126 |
| | | No. 10 can | 2/3 | 1–1/4 | .025 |
| | 2 tablespoons heated | No. 2 can | 1–2/3 | 3–1/4 | .063 |
| | | No. 10 can | 1/3 | 2/3 | .013 |
| Dehydrated Low moisture Flakes | 1/4 cup reconstituted | Pound | 1–1/4 | 2–1/2 | .049 |
| | 2 tablespoons reconstituted | Pound | 2/3 | 1–1/4 | .025 |
| TANGERINES | | | | | |
| Fresh | 1/2 tangerine | Dozen | 1–1/4 | 2–1/4 | .042 |
| | 1/4 tangerine | Dozen | 2/3 | 1–1/4 | .021 |
| | 1/2 tangerine | Pound | 3–1/4 | 6–1/4 | .125 |
| | 1/4 tangerine | Pound | 1–2/3 | 3–1/4 | .063 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| TOMATOES | | | | | |
| Fresh | 2 tablespoons raw sliced | Pound | 1–1/4 | 2–1/2 | 0.050 |
| Canned | 1/4 cup heated | No. 303 can | 3–1/3 | 6–2/3 | .132 |
| | | No. 10 can | 2 3 | 1–1/4 | .021 |
| | 2 tablespoons heated | No. 303 can | 1–2/3 | 3–1/3 | .066 |
| | | No. 10 can | 1/3 | 2/3 | .011 |
| TUNA | | | | | |
| Canned | 1 ounce | 6- to 7-ounce can | 4–1/4 | 8–1/3 | .167 |
| TURKEY ROLL OR ROASTS. (frozen, boneless) | | | | | |
| Cook before eating | 1 ounce cooked | Pound | 2–2/3 | 5–1/4 | .103 |
| Cooked | 1 ounce cooked | Pound | 1–3/4 | 3–1/2 | .068 |
| TURNIPS | | | | | |
| Fresh | 2 tablespoons raw diced | Pound | 1–1/4 | 2–1/3 | .046 |
| | 1/4 cup cooked cubed | Pound | 3–2/3 | 7–1/4 | .143 |
| | 2 tablespoons cooked cubed | Pound | 2 | 3–2/3 | .072 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| TURNIP GREENS | | | | | |
| Fresh | 1/4 cup cooked | Pound | 6 | 12 | 0.236 |
| | 2 tablespoons cooked | Pound | 3 | 6 | .118 |
| Frozen | 1/4 cup cooked | Pound | 3–2/3 | 7–1/4 | .142 |
| | | 3-pound package | 1–1/4 | 2–1/2 | .048 |
| | 2 tablespoons cooked | Pound | 2 | 3–2/3 | .071 |
| | | 3-pound package | 2/3 | 1–1/4 | .024 |
| Canned | 1/4 cup heated | No. 2–1/2 can | 2–2/3 | 5–1/3 | .106 |
| | | No. 10 can | 1 | 1–2/3 | .034 |
| | 2 tablespoons heated | No. 2–1/2 can | 1–1/3 | 2–2/3 | .053 |
| | | No. 10 can | 1/2 | 1 | .017 |
| VEAL | | | | | |
| Ground | 1 ounce cooked | Pound | 2–1/2 | 5 | .098 |
| Leg roast | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/3 | 4–2/3 | .091 |
| With bone | 1 ounce cooked | Pound | 3–1/4 | 6–1/2 | .128 |
| Shoulder roast | | | | | |
| Boneless | 1 ounce cooked | Pound | 2–1/2 | 4–3/4 | .095 |
| Stew meat | 1 ounce cooked | Pound | 2–1/2 | 5 | .096 |

# FOOD BUYING GUIDE

| Food as purchased (1) | Size and description of serving or portion (2) | Purchase unit (3) | Purchase units of food to buy for: 25 servings (4) | 50 servings (5) | Any other number of servings (multiply by the factor below): (6) |
|---|---|---|---|---|---|
| VEGETABLES, MIXED. See Mixed Vegetables. | | | | | |
| WATERMELON | 1/4 cup cubed | Pound | 5 | 9–2/3 | 0.193 |
| | | Melon (7-pound) | 1 | 1–2/3 | .032 |
| | 2 tablespoons cubed | Pound | 2–1/2 | 5 | .097 |
| | | Melon (7-pound) | 1/2 | 1 | .016 |

Preparation, cooking, and serving suggestions as well as the recipes are grouped in the following sections:

| | |
|---|---|
| Cereal Products | Sandwiches |
| Desserts | Sauces |
| Main Dishes | Soups |
| Salads | Vegetables |

**The Recipe Form**

At the top of the page, the name of the recipe is given in the center; the section, such as Main Dishes, is on the right side; and the portion size of prepared food is on the left side.

The recipe is divided into five columns as follows:

**Ingredients.**—The ingredients are listed in the form in which they are used in the recipe and in the order in which they are used. Amounts of selected ingredients to purchase by weight or by number of cans can be calculated using the "Factors To Use In Determining Amounts Of Ingredients To Buy For Use In The Recipes" (pages 111 to 116).

**25 and 50 portions.**—Specific amounts of each ingredient to be used in preparing the recipe are listed.

**For — portions.**—This column is to be used for entering the quantity of each ingredient needed for the number of portions to be prepared in any Head Start Center.

**Directions.**—The information in this column tells how to proceed in preparing the recipe. Each major step in the procedure, including the ingredients used in this step, is separated from the next step in the procedure by a horizontal line. The terms used in the directions are simple and easy to understand. Directions are given for the use of standard household equipment.

**Ingredients**

Recipes in this publication were tested with the ingredients listed. When two ingredients work equally well, both are listed.

"All-purpose flour" as used in these recipes refers to unsifted flour. Recipes in this publication are not intended for use with self-rising flour.

"Baking powder" as used in the recipes refers to double-acting baking powder that leavens during mixing and again during baking. However, quick-acting (single-acting) baking powder containing cream of tartar can be used satisfactorily in foods that are mixed and baked immediately. The quantity of single-acting baking powder to use will be twice as much as indicated on page 49.

"Fat or oil" refers to any type—butter, margarine, shortening, lard, or any kind of vegetable



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oil. In recipes specifying a particular type of fat—"butter or margarine," for example—best results will be obtained if the fat suggested is used. Recipes in this publication are not intended for use with whipped fats.

"Large size eggs" weighing 24 ounces per dozen were used to standardize the recipes. Buy only high-quality, clean eggs with no cracks in the shell. Cracked or soiled eggs may contain bacteria that can cause food poisoning. As a safeguard, any soiled or cracked eggs in the carton should be thoroughly cooked or used in thoroughly cooked foods such as baked breads, cakes, long-cooked casseroles, or baked custards. Follow directions in recipes carefully, fill container no deeper than specified, and cook the length of time indicated.

**Measuring Foods**

**Part of cup.**—Use tablespoons or small measures—1/2, 1/3, 1/4 cup—for greater accuracy.

**Brown sugar (regular).**—Pack firmly into cup or spoon and level off top with straight edge of spatula or knife.

**Solid fats.**—Pack fat firmly into cup or smaller measure and level off top with straight edge of spatula or knife.

To measure less than 1 cup you can also use the water method: Partly fill a cup with cold water, leaving enough space for the amount of fat needed. (To measure 1/4 cup of fat, for example, fill cup with water to 3/4 mark.) Spoon fat into cup, push under water until water level reaches 1-cup mark. Drain thoroughly; remove fat.

For solid fat in sticks or pounds, cut off amount needed. One pound measures about 2 cups; a 1/4-pound stick of butter or margarine measures 1/2 cup.

**Flour.**—Spoon flour lightly into measuring cup until measure is overflowing. Do not shake or tap cup. Level off top with straight edge of spatula or knife.

**Fine meal, fine crumbs.**—Stir lightly with fork or spoon. Measure like flour.

**Baking power, cornstarch, cream of tartar, spices.**—Dip spoon into container and bring it up heaping full. Level off top with straight edge of spatula or knife.

**Dry milk.**—Spoon lightly into measuring cup until measure is overflowing. Do not shake. Level off top with straight edge of spatula or knife.

**Common Food Measures**

1 tablespoon = 3 teaspoons
1 fluid ounce = 2 tablespoons
1 cup = 16 tablespoons or 8 fluid ounces
1 pint = 2 cups
1 quart = 2 pints or 4 cups
1 gallon = 4 quarts

**Substitution of Ingredients**

Ingredients that may be used in place of other ingredients are listed below.

| For these— | Use any of these— |
|---|---|
| 1 whole egg, for thickening or baking. | • 2 egg yolk |
| 1 cup butter or margarine, for baking. | • 7/8 cup[1] vegetable or animal shortening plus 1/2 teaspoon salt. |
| 1 ounce unsweetened chocolate. | • 3 tablespoons cocoa plus 1 tablespoon fat. |
| 1 teaspoon double-acting baking powder. | • 2 teaspoons quick-acting baking powder.<br>• 1/4 teaspoon baking soda plus 1/2 cup sour milk or buttermilk. |
| 1 cup buttermilk or sour milk, for baking. | • 1 cup fluid whole milk plus 1 tablespoon vinegar or lemon juice.<br>• 1 cup fluid whole milk plus 1–3/4 teaspoons cream of tartar. |
| 1 cup fluid whole milk | • 1/2 cup evaporated milk plus 1/2 cup water.<br>• 1 cup reconstituted nonfat dry milk plus 2–1/2 teaspoons butter or margarine. |
| 1 cup fluid skim milk | • 1 cup reconstituted nonfat dry milk. |
| 1 cup USDA[2] nonfat dry milk. | • 2 cups instant nonfat dry milk. |
| 1 tablespoon flour, for thickening. | • 1/2 tablespoon cornstarch.<br>• 2 teaspoons quick-cooking tapioca. |
| 1 cup cake flour, for baking. | • 7/8 cup[1] all-purpose flour. |

[1] To measure 7/8 cup remove 2 tablespoons from 1 level cup.

[2] Donated by the U. S. Department of Agriculture.

## BISCUITS

Portion: 1 biscuit

**Cereal Products**

| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| All-purpose flour | 1 quart | 2 quarts | | 1. Mix dry ingredients. Mix in fat until mixture is crumbly. |
| Nonfat dry milk, USDA | 3 tablespoons | 1/3 cup | | |
| Baking powder | 2 tablespoons | 1/4 cup | | |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | |
| Shortening | 3/4 cup | 1–1/2 cups | | |
| Water | About 1 cup | About 2 cups | | 2. Add enough water to make a soft dough.<br>3. Knead lightly on a floured board about 1 minute.<br>4. Roll to 1/2-inch thickness. Cut with a floured 2-inch biscuit cutter or cut into squares. Place on baking pans.<br>5. Bake at 425° F (hot oven) 12 to 15 minutes. |

## COOKING CORNMEAL

Portion: 1/4 cup

**Cereal Products**

| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| Cornmeal | 1–1/2 cups | 3 cups | | 1. Stir cornmeal and salt into cold water. |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | 2. Stir cornmeal mixture into boiling water. |
| Cold water | 2–1/2 cups | 1–1/4 quarts | | 3. Cook on low heat for 15 minutes, stirring frequently. |
| Boiling water | 1 quart | 2 quarts | | |

# COOKING CRACKED WHEAT BULGUR

Portion: 1/4 cup

**Cereal Products**

| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| Cracked wheat bulgur | 2 cups | 1 quart | | 1. Wash bulgur.<br>2. Add bulgur and salt to boiling water. Stir; cover pan tightly.<br>3. Cook on low heat 20 minutes. |
| Salt | 3/4 teaspoon | 1–1/2 teaspoons | | |
| Boiling water | 1 quart | 2 quarts | | |

**Oven Method**

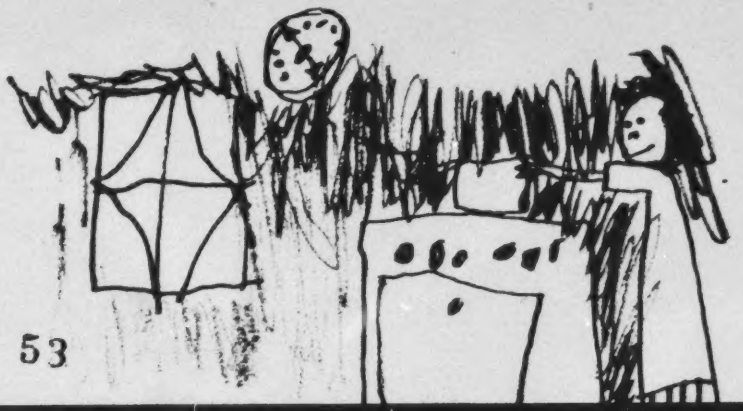
Wash bulgur. Put into baking pan. Add salt to boiling water and pour over bulgur; stir to distribute evenly in pan. Cover pan tightly. Bake at 350° F (moderate oven) 25 minutes.

# COOKING MACARONI, NOODLES, OR SPAGHETTI

Portion: 1/4 cup

**Cereal Products**

| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Macaroni, elbow<br>or | 2–3/4 cups | 5–1/2 cups (1–1/2 pounds) | | 1. Stir macaroni, noodles, or spaghetti into boiling salted water. Add fat to prevent foaming. Return to boiling and cook about 15 minutes. |
| Noodles, broken<br>or | 1 quart 1–1/2 cups | 2–3/4 quarts (1–1/2 pounds) | | 2. Drain. |
| Spaghetti, broken | 1 quart 1/2 cup | 2–1/4 quarts (1–1/2 pounds) | | |
| Salt | 1 tablespoon | 2 tablespoons | | |
| Boiling water | 2 quarts | 1 gallon | | |
| Fat or oil | 1–1/2 teaspoons | 1 tablespoon | | |





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# COOKING RICE

**(white or parboiled)**

Portion: 1/4 cup

**Cereal Products**

| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Uncooked rice [1] | 1–2/3 cups | 3–1/3 cups (1–1/2 pounds) | | 1. Stir rice into boiling salted water. Add fat to prevent foaming. Cover pans tightly. |
| Salt | 3/4 teaspoon | 1–1/2 teaspoons | | 2. Cook on low heat 15 minutes for white rice and 25 minutes for parboiled rice. Add more water if needed. |
| Boiling water | 3 cups | 1–1/2 quarts | | 3. Remove from heat and let stand covered 5 to 10 minutes. |
| Fat or oil | 1–1/2 teaspoons | 1 tablespoon | | |

**Oven Method**

Omit fat for this method. Place rice in pan. Add salt to boiling water and pour over rice; stir to distribute evenly in pans. Cover pans tightly. Bake at 350° F (moderate oven) 30 to 35 minutes. Remove from oven and let stand covered 5 minutes.

[1] Do not wash enriched rice.

# COOKING ROLLED OATS OR ROLLED WHEAT

Portion: 1/4 cup

**Cereal Products**

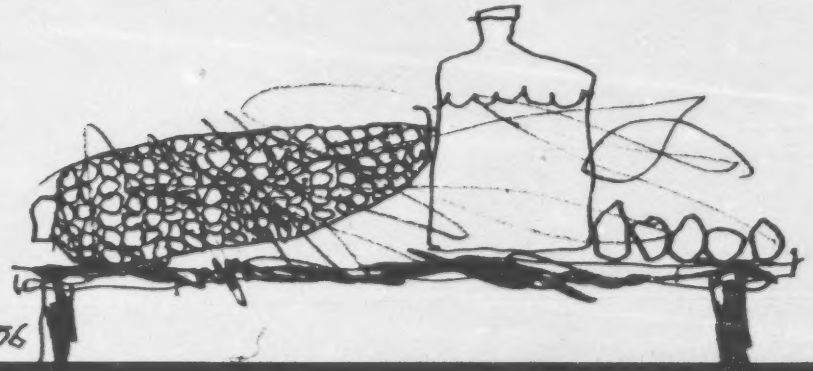
| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Rolled oats or rolled wheat, quick cooking. | 1 quart | 2 quarts | | 1. Stir rolled oats or rolled wheat into boiling salted water.<br>2. Cook on low heat 3 minutes or longer if needed. Cover and let stand a few minutes. Serve hot. |
| Salt | 2 teaspoons | 1–1/3 tablespoons | | |
| Boiling water | 2 quarts | 1 gallon | | |

# CORNBREAD

Portion: 1 piece

**Cereal Products**

| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| All-purpose flour | 1 quart | 2 quarts | | 1. Mix dry ingredients well. |
| Cornmeal | 3 cups | 1–1/2 quarts | | |
| Baking powder | 1/4 cup | 1/2 cup | | |
| Nonfat dry milk, USDA | 1/2 cup | 1 cup | | |
| Sugar | 2/3 cup | 1–1/3 cups | | |
| Salt | 2 teaspoons | 1–1/3 tablespoons | | |
| Eggs, large | 6 | 12 | | 2. Beat eggs; add water and oil. |
| Water | 2–1/2 cups | 1–1/4 quarts | | 3. Combine egg mixture and dry ingredients. Mix just enough to moisten. |
| Oil | 2/3 cup | 1–1/3 cups | | 4. Pour into greased baking pans to a depth of 1/2 inch. |
| | | | | 5. Bake at 425° F (hot oven) 20 minutes or until done. |



## MUFFINS

Portion: 1 muffin

**Cereal Products**

| Ingredients | 24 portions | 48 portions | For _____ portions | Directions |
|---|---|---|---|---|
| All-purpose flour | 1 quart | 2 quarts | | 1. Mix dry ingredients well in a large bowl. |
| Sugar | 1/2 cup | 1 cup | | |
| Baking powder | 2 tablespoons | 1/4 cup | | |
| Salt | 1 teaspoon | 2 teaspoons | | |
| Eggs, large | 2 | 4 | | 2. Mix eggs, milk, and fat together.<br>3. Stir egg mixture into dry ingredients until flour is barely moistened. Leave batter lumpy.<br>4. Fill greased muffin tins 2/3 full.<br>5. Bake at 400° F (hot oven) 20 to 25 minutes. |
| Milk | 2 cups | 1 quart | | |
| Oil or fat, melted | 2/3 cup | 1–1/3 cups | | |

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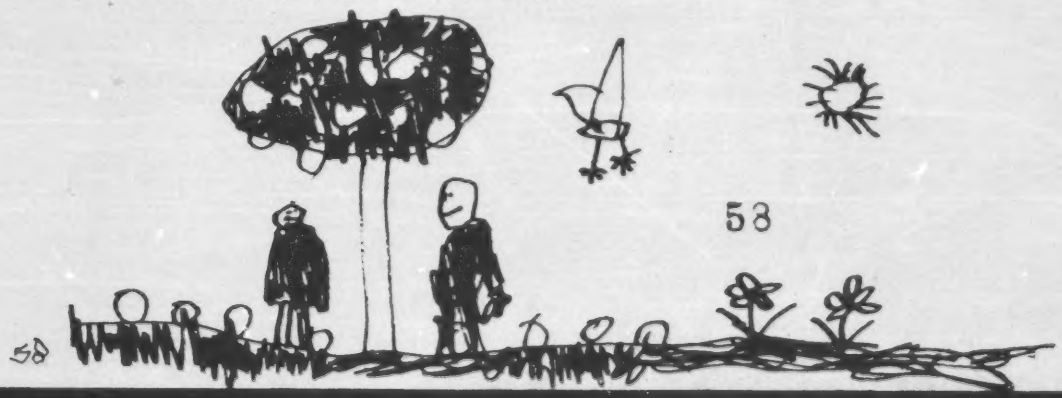
# APPLE CRISP

Portion: About 2 tablespoons



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| * Apples, pared, sliced | 2 quarts | 1 gallon | | 1. Place apples in baking pans.<br>2. Mix lemon juice and water; pour over apples. |
| Lemon juice | 2 teaspoons | 1–1/3 tablespoons | | |
| Water | 1/4 cup | 1/2 cup | | |
| Rolled oats or rolled wheat, quick cooking. | 1/2 cup | 1 cup | | 3. For topping, mix oats or wheat with remaining ingredients until crumbly.<br>4. Spread topping over apples.<br>5. Bake at 350° F (moderate oven) 30 minutes or until apples are tender. |
| Brown sugar, packed | 1–1/2 cups | 3 cups | | |
| All-purpose flour | 3/4 cup | 1–1/2 cups | | |
| Cinnamon | 1 teaspoon | 2 teaspoons | | |
| Salt | 1/4 teaspoon | 1/2 teaspoon | | |
| Butter or margarine | 2/3 cup | 1–1/3 cups | | |

* For 25-portion recipe, buy 2 pounds 13 ounces fresh apples; for 50-portion recipe, buy 5 pounds 10 ounces fresh apples.



## APRICOT-RICE PUDDING

Portion: About 2 tablespoons



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| * Canned apricot halves, drained (save liquid). | 2 cups | 1 quart | | 1. Chop apricots, mix with sugar and let stand 5 minutes. |
| Sugar | 1/3 cup | 2/3 cup | | |
| Eggs, large | 3 | 6 | | 2. Beat eggs. Mix apricots, eggs, liquids, rice and salt. |
| Apricot liquid and milk | 2 cups | 1 quart | | 3. Fill greased baking pans half full. |
| Cooked rice (see page 54) | 1–1/2 cups | 3 cups | | 4. Bake at 325° F (slow oven) for 40 minutes or until pudding is firm. |
| Salt | 1/2 teaspoon | 1 teaspoon | | |

* For 25-portion recipe, buy 1 No. 2–1/2 can apricots; for 50-portion recipe, buy 2 No. 2–1/2 cans apricots.

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## BAKED CUSTARD

Portion: 1 piece



| Ingredients | 25 portions | 50 portions | For ____ portions |
|---|---|---|---|
| Eggs, large | 6 | 12 | |
| Sugar | 2/3 cup | 1–1/3 cups | |
| Salt | 1/2 teaspoon | 1 teaspoon | |
| Vanilla | 1–1/2 teaspoons | 1 tablespoon | |
| Hot milk | 1 quart | 2 quarts | |
| Nutmeg (if desired) | | | |

Directions

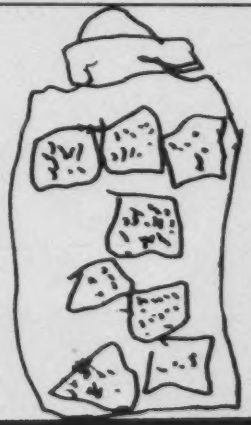
1. Beat together eggs, sugar, salt, and vanilla.
2. Add milk and mix well.
3. Pour mixture into baking pans to a depth of 3/4 inch. Sprinkle with nutmeg, if desired.
4. Bake at 325° F (moderate oven) 25 minutes or until set.
5. Refrigerate until served.

# BROWNIES

Portion: 1 brownie

**Desserts**

| Ingredients | 100 portions | For ____ portions | Directions |
|---|---|---|---|
| All-purpose flour | 3 cups | | 1. Mix dry ingredients together. Add nuts. |
| Sugar | 1 quart | | |
| Baking powder | 2 teaspoons | | |
| Salt | 2 teaspoons | | |
| Nuts, chopped | 1 cup | | |
| Bitter chocolate | 8 ounces | | 2. Melt chocolate and fat together.<br>3. Beat eggs. Stir in chocolate mixture, milk and vanilla.<br>4. Add flour mixture and mix well.<br>5. Spread mixture in greased pans to a depth of about 1/2 inch.<br>6. Bake at 350° F (moderate oven) 30 minutes or until done. |
| Shortening | 1 cup | | |
| Eggs, large | 8 | | |
| Milk | 1/2 cup | | |
| Vanilla | 1 teaspoon | | |





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# CHERRY COBBLER

Portion: 1/4 cup fruit plus pastry



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| **Pastry** | | | | |
| All-purpose flour | 1–1/2 cups | 3 cups | | 1. Mix flour, salt and fat until mixture is crumbly. |
| Salt | 1/2 teaspoon | 1 teaspoon | | 2. Add water and mix until pastry holds together. |
| Shortening | 2/3 cup | 1–1/3 cups | | 3. Roll out dough to fit pans used. |
| Cold water | About 1/4 cup | About 1/2 cup | | |
| **Sauce** | | | | |
| Sugar | 1–1/4 cups | 2–1/2 cups | | 4. Mix sugar, flour, and cinnamon. Stir slowly into liquid. Cook, stirring constantly, until thickened. |
| All-purpose flour | 1/3 cup | 2/3 cup | | |
| Cinnamon (if desired) | 3/4 teaspoon | 1–1/2 teaspoons | | |
| Hot cherry liquid | 2 cups | 1 quart | | |
| * Canned red tart pitted cherries, drained. | 1–1/4 quarts | 2–1/2 quarts | | 5. Add cherries to sauce. Pour into baking pans.<br>6. Cover with pastry.<br>7. Bake at 375° F (moderate oven) 45 minutes or until pastry is brown. |

* For 25-portion recipe, buy 4 No. 303 cans cherries; for 50-portion recipe, buy 8 No. 303 cans cherries.

# CHOCOLATE PUDDING

Portion: 1/4 cup



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Sugar | 3/4 cup | 1–1/2 cups | | 1. Mix dry ingredients together. |
| Nonfat dry milk, USDA | 1 cup | 2 cups | | |
| All-purpose flour | 2/3 cup | 1–1/3 cups | | |
| Salt | 1/2 teaspoon | 1 teaspoon | | |
| Cocoa | 1/3 cup | 2/3 cup | | |
| Warm water | 1–1/4 quarts | 2–1/2 quarts | | 2. Mix dry ingredients and water in a large pan. Cook and stir constantly until thickened. |
| Eggs, large [1] | 1 | 2 | | 3. Beat eggs. Stir about 1 cup of hot mixture into eggs; add slowly to remaining hot mixture. |
| Butter or margarine | 3 tablespoons | 1/3 cup | | 4. Cook and stir constantly about 5 minutes longer. Remove from heat. Add fat and vanilla. Cool. |
| Vanilla | 1 teaspoon | 2 teaspoons | | |

[1] Use only clean, sound-shelled eggs in this recipe.

# CINNAMON CRISPIES

Portion: 1 cooky



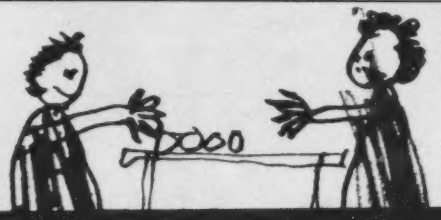
| Ingredients | 7 dozen cookies | For ____ dozen | Directions |
|---|---|---|---|
| All-purpose flour | 2 cups | | 1. Mix dry ingredients except sugar. Mix in nuts. |
| Baking soda | 1/2 teaspoon | | |
| Baking powder | 2 teaspoons | | |
| Salt | 2 teaspoons | | |
| Cinnamon | 2 teaspoons | | |
| Rolled oats or rolled wheat, quick cooking | 2 cups | | |
| Nuts, chopped | 2/3 cup | | |
| Shortening, softened | 1 cup | | 2. Mix fat and sugar until well blended. |
| Sugar | 2 cups | | |
| Molasses | 2 tablespoons | | 3. Stir molasses, vanilla and eggs into sugar mixture. |
| Vanilla | 1–1/2 teaspoons | | 4. Add dry ingredients; mix well. |
| Eggs, large | 2 | | 5. Drop rounded teaspoonfuls of dough onto greased pans. Press each cooky flat. |
| | | | 6. Bake at 350° F (moderate oven) 12 to 15 minutes. |

## GINGERBREAD

Portion: 1 piece

**Desserts**

| Ingredients | 50 portions | For _____ portions | Directions |
|---|---|---|---|
| All-purpose flour | 1–1/4 quarts | | 1. Mix dry ingredients except sugar. |
| Cornstarch | 1/3 cup | | |
| Baking powder | 2 teaspoons | | |
| Baking soda | 2 teaspoons | | |
| Salt | 1/2 teaspoon | | |
| Cinnamon | 2 teaspoons | | |
| Ginger | 2 teaspoons | | |
| Shortening | 1–1/4 cups | | 2. Mix fat and sugar until light and fluffy. Add molasses and mix well. |
| Sugar | 1–1/4 cups | | |
| Molasses | 2 cups | | |
| Hot water | 2 cups | | 3. Add half the flour mixture and half the water to the sugar mixture. Beat well. Add rest of flour and water. Beat well. |
| Eggs, large | 4 | | 4. Add eggs and beat 200 strokes.<br>5. Pour into greased pans to a depth of about 1/2 inch.<br>6. Bake at 350° F (moderate oven) 25 minutes or until done. |





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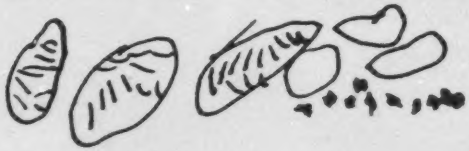
# PEANUT BUTTER-RAISIN COOKIES

Portion: 1 cooky



| Ingredients | 11 dozen cookies | For _____ dozen | Directions |
|---|---|---|---|
| All-purpose flour | 1 quart | | 1. Mix dry ingredients except sugar. Mix in raisins. |
| Nonfat dry milk, USDA | 3/4 cup | | |
| Baking powder | 2–2/3 tablespoons | | |
| Cinnamon | 1 tablespoon | | |
| Salt | 1–1/2 teaspoons | | |
| Raisins, chopped | 2 cups | | |
| Shortening, softened | 1 cup | | 2. Mix fat, sugar, and peanut butter until well blended. |
| Sugar | 2–1/2 cups | | 3. Add eggs and mix well. |
| Peanut butter | 1–1/4 cups | | |
| Eggs, large | 4 | | |
| Water | 3/4 cup | | 4. Add half of the dry ingredients and liquids to peanut butter mixture. Mix well. Add the remaining dry ingredients and liquid. Mix well. |
| Vanilla | 1–1/3 tablespoons | | 5. Drop rounded teaspoonfuls of dough onto greased pans. Press each cooky flat. |
| | | | 6. Bake at 375° F (moderate oven) 12 minutes or until golden brown. |

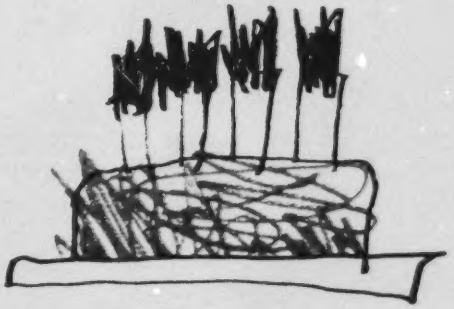


# PLAIN CAKE

Portion: 1 piece



| Ingredients | 50 portions | For _____ portions | Directions |
|---|---|---|---|
| All-purpose flour | 3 cups | | 1. Mix dry ingredients except sugar. |
| Baking powder | 1–1/2 tablespoons | | |
| Salt | 3/4 teaspoon | | |
| Shortening | 3/4 cup | | 2. Beat fat and sugar until smooth and fluffy. Add eggs and vanilla. Beat well. |
| Sugar | 1–3/4 cups | | |
| Eggs, large | 3 | | |
| Vanilla | 1–1/2 teaspoons | | |
| Milk | 1 cup | | 3. Add half the flour mixture and half the milk to egg mixture and beat 300 strokes. Add rest of flour and milk and beat 300 strokes more.<br>4. Fill greased baking pans half full.<br>5. Bake at 375° (moderate oven) 25 to 35 minutes. |





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## PLAIN COOKIES

Portion: 1 cooky



| Ingredients | 8 dozen cookies | For ____ dozen | Directions |
|---|---|---|---|
| All-purpose flour | 1–1/4 quarts | | 1. Mix flour, baking powder, and salt. |
| Baking powder | 2–2/3 tablespoons | | |
| Salt | 1 teaspoon | | |
| Butter or margarine | 1–1/2 cups | | 2. Mix fat and sugar until well blended. |
| Sugar | 2 cups | | |
| Eggs, large | 4 | | 3. Add eggs and vanilla. Beat well.<br>4. Stir in dry ingredients. Mix well. Add raisins, if desired.<br>5. Drop rounded teaspoonfuls of dough onto greased pans.<br>6. Bake at 375° F (moderate oven) 12 minutes or until done. |
| Vanilla | 1 tablespoon | | |
| Raisins, chopped (if desired) | 1–1/2 cups | | |

# VANILLA CREAM FROSTING



| Ingredients | About 2 cups | For ____ cups | Directions |
|---|---|---|---|
| Butter or margarine, softened | 1/3 cup | | 1. Mix all ingredients together; beat until light and fluffy. |
| Confectioner's sugar | 3–3/4 cups (1 pound) | | |
| Salt | 1/8 teaspoon | | |
| Hot milk | 1/4 cup | | |
| Vanilla | 1 tablespoon | | |

## Variations

**Chocolate Cream Frosting:** Mix 1/2 cup cocoa with sugar and use only 1–1/2 teaspoons vanilla.

**Peanut Butter Cream Frosting:** Use 1/3 cup peanut butter in place of butter or margarine.

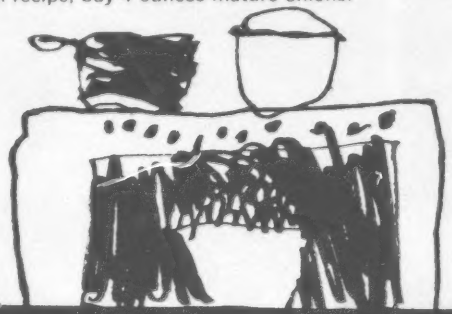
# BAKED BEANS

Portion: 1/4 cup



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| Dry beans, small white | 2–2/3 cups | 1 quart 1–1/4 cups | | 1. Sort and wash beans.<br>2. Add beans to boilng water.<br>3. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour.<br>4. Cook for 1 hour. Drain, reserve liquid. Put beans in baking pan. |
| Water | 1 quart 3–1/2 cups | 3–3/4 quarts | | |
| Salt pork, sliced | 3 ounces | 6 ounces | | 5. Combine pork, pepper, sugar, mustard, salt, onions, molasses, and bean liquid. Pour mixture over beans.<br>6. Cover and bake at 350° F (moderate oven) 2–1/2 hours or until tender. Add water if needed to moisten beans during baking. |
| Red pepper, if desired | Few grains | 1/8 teaspoon | | |
| Brown sugar | 1/4 cup, packed | 1/2 cup, packed | | |
| Dry mustard | 3/4 teaspoon | 1–1/2 teaspoons | | |
| Salt | 1/2 tablespoon | 1 tablespoon | | |
| * Onions, chopped | 1/4 cup | 1/2 cup | | |
| Molasses | 1/4 cup | 1/2 cup | | |
| Hot bean liquid | 2 cups | 1 quart | | |

* For 25-portion recipe, buy 2 ounces mature onions; for 50-portion recipe, buy 4 ounces mature onions.



# BAKED SCRAMBLED EGGS

Portion: About 3 tablespoons



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Eggs, large | 13 | 25 | | 1. Beat eggs slightly. |
| Salt<br>Hot milk | 1 teaspoon<br>1–1/4 cups | 2 teaspoons<br>2–1/2 cups | | 2. Stir in salt and milk. |
| Butter or margarine, melted. | 2 tablespoons | 1/4 cup | | 3. Pour fat into baking pan. Add egg mixture to a depth of 1 inch.<br>4. Bake until firm, 20 to 25 minutes at 350° F (moderate oven); stir once after 10 minutes baking.<br>5. Serve immediately. |

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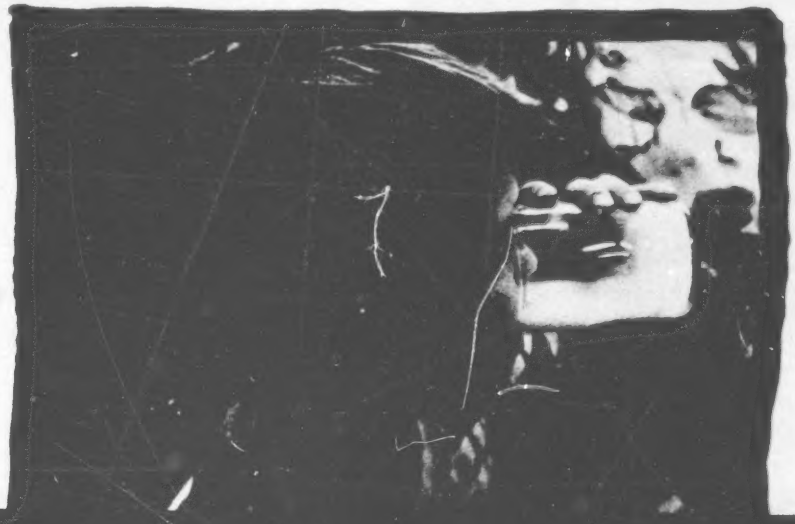
# BEEF PATTIES

Portion: 1 patty



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| Ground beef | 2–1/4 pounds | 4–1/2 pounds | | 1. Mix all ingredients well.<br>2. Shape meat into balls. Flatten into patties.<br>3. Bake in single layers at 400° F (hot oven) 10 minutes or until done.<br>**or**<br>Bake 3 layers, separated with foil, at 375° F (moderate oven) 35 to 40 minutes or until done. |
| * Onions, chopped | 1/3 cup | 2/3 cup | | |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | |

* For 25-portion recipe, buy 3 ounces mature onions; for 50-portion recipe, buy 5 ounces mature onions.





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# BEEF STEW

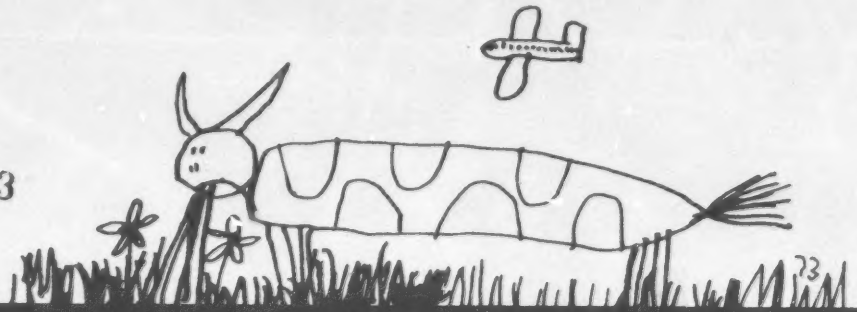
Portion: 1/2 cup



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| Boneless stew beef, cubed | 2–1/2 pounds | 5 pounds | | 1. Brown beef in fat.<br>2. Add water and simmer 2–1/2 hours or until meat is tender. Add more water if needed. |
| Oil or fat, melted | 1/4 cup | 1/2 cup | | |
| Water | 2–1/4 quarts | 1 gallon 2 cups | | |
| All-purpose flour | 1 cup | 2 cups | | 3. Skim off fat and blend with flour and salt. Stir into beef mixture. Cook and stir constantly until thickened. |
| Salt | 1 tablespoon | 2 tablespoons | | |
| *† Onions, quartered | 1 cup | 2 cups | | 4. Boil vegetables until tender. (See page 101.)<br>5. Add to meat mixture; combine carefully.<br>6. Reheat and serve. |
| *† Potatoes, diced | 3 cups | 1–1/2 quarts | | |
| *† Carrots, diced | 3 cups | 1–1/2 quarts | | |
| *† Celery, cut in 1-inch pieces. | 1–3/4 cups | 3–1/2 cups | | |

* For 25-portion recipe, buy 6 ounces mature onions; 1 pound 6 ounces fresh potatoes; 1 pound 3 ounces fresh carrots; and 11 ounces fresh celery.

† For 50-portion recipe, buy 11 ounces mature onions; 2 pounds 11 ounces fresh potatoes; 2 pounds 5 ounces fresh carrots; and 1 pound 5 ounces fresh celery.



# BRAISING OR POT ROASTING MEATS

Portion: 1 ounce cooked meat



See Food Buying Guide, pages 9 to 45, for quantity of meat to buy for 25 and 50 servings.
Less tender cuts of meat may be braised or pot roasted. Meat is covered and cooked slowly in a small amount of liquid.

## Directions for Cooking

1. Remove meat from refrigerator when ready to cook.
2. Season meat, using 1/4 teaspon salt per pound of meat. Roll meat in flour, if desired, to increase browning.
3. Place meat in a heavy kettle or roasting pan. Add fat as needed and brown, if desired.
4. Add small amount of water; use additional water as needed during cooking.
5. Cover; simmer on top of range or bake at 325° F (slow oven) until tender. Use timetable below as a guide to cooking time.
6. Remove meat and make gravy from the drippings.

## Timetable for Braising or Pot Roasting Meats

| Kind and cut of meat | Thickness or weight of piece | Cooking time |
|---|---|---|
| **Beef** | | |
| Pot roast, such as chuck, round or rump, with or without bone | 3 to 5 pounds | 3 to 4 hours |
| Steak, such as chuck or round, with or without bone | 1 to 1–1/2 inches | 2 to 2–1/2 hours |
| Stew meat | 1–1/2-inch cubes | 2–1/2 to 3 hours |
| Lamb | | |
| Shoulder roasts, boned and rolled | 3 to 5 pounds | 2 to 2–1/2 hours |
| Stew meat | 1–1/2-inch cubes | 1–1/2 to 2 hours |
| Veal | | |
| Shoulder roast, boned and rolled | 3 to 5 pounds | 2 to 2–1/2 hours |
| Stew meat | 1-inch cubes | 1–1/2 to 2 hours |

# COOKING DRY BEANS

Portion: 1/4 cup



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Beans<br>Blackeye beans or peas<br>Great Northern<br>Kidney or pinto<br>Pea beans (navy or small white).<br>**or**<br>Lima beans | 2–2/3 cups | 1 quart 1–1/4 cups | | 1. Sort and wash beans.<br>2. Add beans to boiling water.<br>3. Boil 2 minutes.<br>4. Remove from heat. Cover and let soak 1 hour or if more convenient, cool and let beans stand overnight in a refrigerator. |
| Large | 3 cups | 1–1/2 quarts | | |
| Small | 2–2/3 cups | 1 quart 1–1/4 cups | | |
| Boiling water | 2–1/4 quarts | 1 gallon 1 cup | | |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | 5. Add salt. Cook beans in soaking water until tender. (See table below.) |

## Approximate cooking time

| | |
|---|---|
| Blackeye beans or peas | 1/2 hour |
| Great Northern | 2 hours |
| Kidney or pinto | 1 to 1–1/2 hours |
| Pea beans (navy or small white) | 2 to 2–1/2 hours |
| Lima beans | |
| Large | 1 hour |
| Small | 1 to 1–1/2 hours |

Begin counting cooking time when water returns to boiling. Add boiling water if beans become dry during cooking.



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# COOKING MEATS IN LIQUID

Portion: 1 ounce cooked meat



See Food Buying Guide, pages 9 to 45, for quantity of meats to buy for 25 and 50 servings.

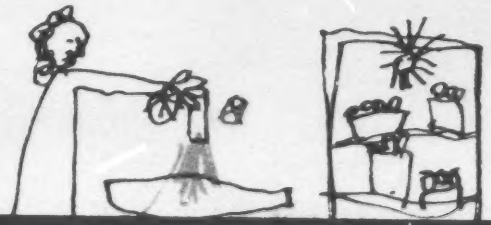
Some less tender and highly flavored cuts of meat are commonly cooked or stewed with enough water to cover. These meats should be simmered and not boiled.

## Directions for cooking

1. Remove meat from refrigerator when ready to cook.
2. Place meat in a pot; cover with water. Add seasonings as desired.
3. Cover and simmer until tender, using timetable below as a guide to cooking time.

## Timetable for Cooking Meats in Liquid

| Kind and cut of meat | Thickness or weight of piece | Cooking time |
|---|---|---|
| Beef | | |
| Stew meat | 1–1/2-inch cubes | 2–1/2 to 3 hours |
| Lamb | | |
| Stew meat | 1–1/2-inch cubes | 1–1/2 to 2 hours |
| Pork, cured | | |
| Shoulder (Boston butt), boneless | 2 to 3 pounds | 1–1/2 to 2 hours |
| Shoulder (picnic) | 6 to 8 pounds | 3–1/2 to 4 hours |
| Veal | | |
| Stew meat | 1-inch to 2-inch cubes | 2 to 3 hours |



# GROUND BEEF AND SPAGHETTI

Portion: About 1/3 cup



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Uncooked spaghetti, broken into 3-inch pieces. | 3 cups | 1–1/2 quarts | | 1. Add spaghetti to boiling salted water and stir. Return to boiling point. Cook about 15 minutes. Drain. |
| Boiling water | 1–1/2 quarts | 3 quarts | | |
| Salt | 3/4 teaspoon | 1–1/2 teaspoons | | |
| Ground beef | 2 pounds | 4 pounds | | 2. Brown beef; use fat if beef is lean. Add onions and cook until onions are tender, but not brown. Drain off excess fat. |
| Oil or fat, melted (if needed). | 2 tablespoons | 1/4 cup | | |
| *† Onions, chopped | 1 cup | 2 cups | | |
| Cheese, shredded | 1 cup | 2 cups | | 3. Stir cheese into meat mixture. Add remaining ingredients. |
| *†Tomato paste | 1 cup | 2 cups | | 4. Stir in spaghetti. |
| *†Tomato puree | 3/4 cup | 1–1/2 cups | | 5. Reheat and serve. |
| Salt | 1 tablespoon | 2 tablespoons | | |
| Sugar | 3/4 teaspoon | 1–1/2 teaspoons | | |

* For 25-portion recipe, buy 7-ounces mature onions; 1 No. 2 can tomato paste; and 1 No. 2 can tomato puree.

† For 50-portion recipe, buy 14 ounces mature onions; 1 No. 2 can tomato paste; and 1 No. 2 can tomato puree.

## HARD-COOKED EGGS

Portion: 1/2 egg



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| Eggs, large | 13 | 25 | | 1. Remove shells and place eggs in greased baking pan. |
| Water | 1/4 cup | 1/2 cup | | 2. Add water. Sprinkle salt over eggs. |
| Salt | 1/2 teaspoon | 1 teaspoon | | 3. Set pan of eggs in a pan of hot water; cover. |
| | | | | 4. Bake at 350° F (moderate oven) about 30 minutes or until eggs are firm. |
| | | | | 5. Cut into 1/2-inch squares; use at once in creamed foods or chill in refrigerator and use in salads or sandwiches. |

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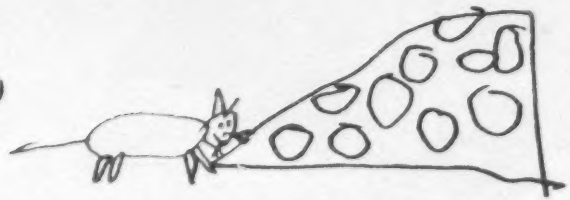
# MACARONI AND CHEESE

Portion: 1/4 cup



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Uncooked elbow macaroni | 2 cups | 1 quart (1 pound) | | 1. Cook macaroni in boiling salted water 12 minutes, until almost tender. |
| Boiling water | 1 quart | 2 quarts | | |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | |
| Butter or margarine | 1–1/2 tablespoons | 3 tablespoons | | 2. Melt fat; stir in flour and salt. Stir into milk. Cook and stir constantly until thickened. |
| All-purpose flour | 3 tablespoons | 1/3 cup | | |
| Salt | 2 teaspoons | 1–1/3 tablespoons | | |
| Hot milk | 1 quart | 2 quarts | | |
| Dry mustard | 1 teaspoon | 2 teaspoons | | 3. Add mustard and cheese. Stir until well blended.<br>4. Combine macaroni and cheese sauce.<br>5. Fill greased baking pans half full.<br>6. Bake at 350° F (moderate oven) 30 minutes or until brown. |
| Cheese, shredded | 3 cups | 1–1/2 quarts | | |





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# MEAT LOAF

Portion: 1 slice



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| Bread slices | 2–1/2 slices | 5 slices | | 1. Soak bread in milk. |
| Milk | 3/4 cup | 1–1/2 cups | | |
| Ground beef | 1–3/4 pounds | 3–1/2 pounds | | 2. Combine bread mixture with remaining ingredients. Mix well. |
| *† Onions, chopped | 1/4 cup | 1/2 cup | | 3. Place meat mixture in greased pans. Shape into loaves. |
| *†Celery, chopped | 1/3 cup | 2/3 cup | | 4. Bake at 375° F (moderate oven) about 1 hour or until done. Pour off liquid and fat that accumulate during cooking. |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | |
| Worcestershire sauce | 1–1/2 teaspoons | 1 tablespoon | | |
| Parsley, chopped (if desired). | 1 tablespoon | 2 tablespoons | | |
| Eggs, large | 3 | 6 | | |

* For 25-portion recipe, buy 2 ounces mature onions and 2 ounces fresh celery.

† For 50-portion recipe, buy 4 ounces mature onions and 4 ounces fresh celery.

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# OVEN-FRIED CHICKEN

Portion: 1/2 of breast-half **or** 1 drumstick **or** 1 thigh



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Chicken breast halves, cut in half. | 3–3/4 pounds | 7–1/2 pounds | | 1. Thaw frozen chicken. Wash and dry chicken pieces. |
| **or** | | | | |
| Chicken drumsticks | 5 pounds | 10 pounds | | |
| **or** | | | | |
| Chicken thighs | 5 pounds | 10 pounds | | |
| All-purpose flour | 3/4 cup | 1–1/2 cups | | 2. Roll chicken pieces in flour and salt which have been mixed. Place 1 layer deep on well-greased pans. |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | |
| Oil or fat, melted | 2/3 cup | 1–1/3 cups | | 3. Brush each piece with fat.<br>4. Bake at 400° F (hot oven) 55 minutes or until golden brown. |

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# OVEN-FRIED FISH FILLETS

Portion: 1 piece



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| Fish fillets [1] (fresh or frozen) | 2–1/2 pounds | 5 pounds | | 1. Thaw frozen fillets. Divide into portions, about 1–1/2 ounces each. |
| Salt | 3/4 teaspoon | 1–1/2 teaspoons | | 2. Add salt to milk. Dip fillets in milk then roll in crumbs, using a small amount at a time. Place in a single layer, skin side down, on well-greased pans. |
| Milk | 1/2 cup | 1 cup | | |
| Dry bread crumbs, toasted | 1 cup | 2 cups | | |
| Oil or fat, melted | 1/4 cup | 1/2 cup | | 3. Pour fat over fish.<br>4. Bake at 500° F (extremely hot oven) 15 to 20 minutes or until fish flakes easily when tested with a fork. |

[1] Such as flounder, haddock, ocean perch or yellow perch.

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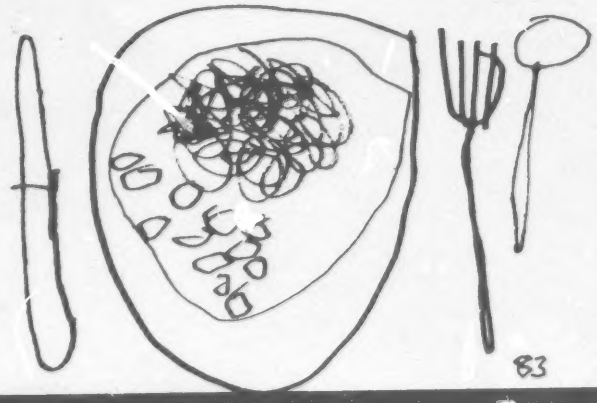
# SWISS STEAK

Portion: 1 piece



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Round steak (with bone) | 2–1/4 pounds | 4–1/2 pounds | | 1. Cut steak into portions about 1–1/2 ounces each. Coat with mixture of flour and salt. |
| All-purpose flour | 1/3 cup | 3/4 cup | | |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | |
| Oil or fat, melted | 2 tablespoons | 1/4 cup | | 2. Brown steak in fat. Place in baking pan. Pour in water. |
| Water | 1–1/2 cups | 3 cups | | |
| * Onions, sliced | 1 cup | 2 cups | | 3. Spread onions over steak.<br>4. Cover and bake at 325° F (slow oven) about 2 hours or until tender. Remove cover and bake 15 minutes longer or until brown. |

* For 25-portion recipe, buy 5 ounces mature onions; for 50-portion recipe, buy 9 ounces mature onions.



# AIDS FOR SALAD MAKING



Salads offer contrast in color, flavor, and texture, adding zest and eye appeal to the lunch. "Finger foods" appeal to children. Use rutabaga or turnip sticks, green pepper rings, radish accordions, carrot sticks drawn through pitted ripe olives, orange sections, apple wedges, or melon fingers.

## DIRECTIONS FOR PREPARING

- PREPARE SALAD GREENS by washing them gently but thoroughly in cold water to remove all dirt and grit. It may be necessary to separate leaves or stalks in order to clean. Drain well in colander to prevent wilting. Place in a container covered with a damp cloth or in a plastic bag and chill in the refrigerator.
  Use a variety of salad greens—young spinach, endive, romaine, escarole, or Boston lettuce.
- CHILL AND MARINATE cooked or raw vegetables and fruits in a tasty dressing for a few hours before serving.
- PREVENT DISCOLORATION by sprinkling fresh fruits such as apples, peaches, and bananas with orange, lemon, or pineapple juice.
- ADD DRESSING at the last minute to leafy vegetables.
- GARNISHES on raw or cooked vegetable salads may include croutons, chopped pimientos, bacon bits, bite-sized cereal, chopped olives, parsley, or chopped hard-cooked eggs. On fruit salads use maraschino cherries, grated coconut, peanut butter, raisins, shredded cheese, miniature marshmallows, or nut meats.

## SUGGESTED SALAD TOOLS

- Cutting board
- Vegetable brushes
- Vegetable peelers
- Salad cutter or chopper
- French cook's knife
- Paring knife
- Grater
- Juice extractor
- Egg slicer
- Colander
- Plastic gloves for mixing
- Tongs for serving

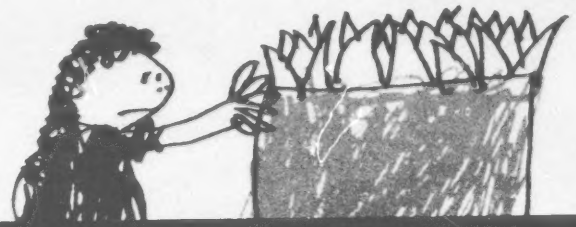
## AIDS FOR SALAD MAKING—Continued

### VEGETABLE SALAD COMBINATIONS

- Cabbage and carrots shredded together and mixed with pineapple tidbits and a dressing of mayonnaise thinned with pineapple juice.
- Spinach tossed with tomatoes, celery, and onions in a cooked salad dressing.
- Individual relish bowls including: cheese wedges, celery stuffed with peanut butter, green pepper ring, deviled egg, ripe olives, and tomato wedges.
- Shredded green and red cabbage, sliced raw cauliflowerets, sliced celery, and chopped onion combined with a sweet-sour dressing.

### FRUIT SALAD COMBINATIONS

- Apple cubes, orange sections, chopped celery, nuts, chopped dates, or miniature marshmallows combined with a dressing of mayonnaise and orange juice.
- Chilled fruit cocktail, orange sections, miniature marshmallows, and sliced bananas, sprinkled with lemon juice and shredded coconut.
- Two-layer molded salad—one layer of cherry gelatin with fruit cocktail and the other of lime gelatin with seedless grapes and chopped celery or crushed pineapple.
- Chilled "blushing" pear halves placed on greens, topped with shredded cheese. To "blush" the pears, tint juice with red food coloring and let pears stand overnight in juice.





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## CARROT-RAISIN SALAD

Portion: 2 tablespoons



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| Raisins | 1–1/4 cups | 2–1/2 cups | | 1. Combine all ingredients.<br>2. Chill. |
| *Carrots, shredded | 3 cups | 1–1/2 quarts | | |
| Salt | 1/4 teaspoon | 1/2 teaspoon | | |
| Mayonnaise | 2/3 cup | 1–1/3 cups | | |

* For 25-portion recipe, buy 15 ounces fresh carrots; for 50-portion recipe, buy 1 pound 13 ounces fresh carrots.

# COLE SLAW

Portion: 2 tablespoons



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Salad dressing | 1/2 cup | 1 cup | | 1. Mix ingredients together. |
| Vinegar | 2 tablespoons | 1/4 cup | | |
| Prepared mustard | 1 teaspoon | 2 teaspoons | | |
| Sugar | 2 tablespoons | 1/4 cup | | |
| Salt | 1 teaspoon | 2 teaspoons | | |
| Pepper | few grains | 1/8 teaspoon | | |
| * Cabbage, chopped | 1 quart | 2 quarts | | 2. Stir dressing into cabbage. Mix well. Serve cold. |

* For 25-portion recipe, buy 1 pound 2 ounces fresh cabbage; for 50-portion recipe, buy 2 pounds 4 ounces fresh cabbage.

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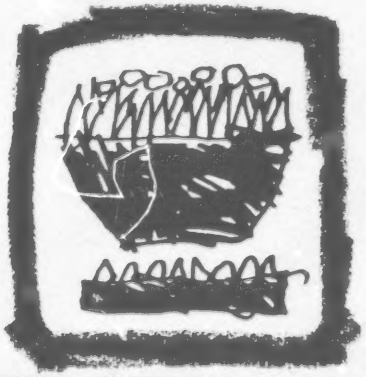
# EGG SALAD

Portion: About 2 tablespoons



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Hard-cooked eggs, chopped (recipe page 78). | 13 | 25 | | 1. Combine all ingredients and mix well. Chill. |
| * Celery, chopped | 1–1/2 cups | 3 cups | | |
| Sweet pickles, chopped | 3/4 cup | 1–1/2 cups | | 2. Serve on lettuce or use in sandwiches. |
| Mayonnaise | 1/3 cup | 2/3 cup | | |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | |
| Onions, grated | 1/2 teaspoon | 1 teaspoon | | |
| Prepared mustard | 1/4 teaspoon | 1/2 teaspoon | | |
| Pickle liquid | 1 tablespoon | 2 tablespoons | | |

* For 25-portion recipe, buy 9 ounces fresh celery; for 50-portion recipe, buy 1 pound 1 ounce fresh celery.





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# JELLIED FRUIT-COTTAGE CHEESE SALAD

Portion: 1 piece

| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Flavored gelatin | 1 cup (1, 6-oz. package) | 2 cups (2, 6-oz. packages) | | 1. Dissolve gelatin in hot water; add remaining liquid. Chill until mixture begins to thicken. |
| Hot water | 2 cups | 1 quart | | |
| Fruit juice and cold water | 2 cups | 1 quart | | |
| Cottage cheese | 1–1/2 cups | 3 cups | | 2. Stir in cottage cheese and fruit.<br>3. Pour into pans. Chill until set.<br>4. Cut and serve on lettuce. |
| *† Canned pears, drained, diced. | 3 cups | 1–1/2 quarts | | |
| *† Canned pineapple tidbits, drained. | 1–1/3 cups | 2–2/3 cups | | |

* For 25-portion recipe, buy 3 No. 303 cans pears and 1 No. 2 can pineapple.

† For 50-portion recipe, buy 6 No. 303 cans pears and 1 No. 2–1/2 can pineapple.

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# JELLIED ORANGE-PINEAPPLE SALAD

Portion: 1 piece



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| * Crushed pineapple | 3–1/2 cups | 1–3/4 quarts | | 1. Drain pineapple. Reserve juice. |
| Gelatin | 1–1/2 tablespoons | 3 tablespoons | | 2. Soften gelatin in 1/2 cup of the pineapple juice.<br>3. Heat remaining pineapple juice. Stir in softened gelatin. Heat until gelatin is dissolved. |
| Concentrated orange juice, thawed. | 3/4 cup | 1–1/2 cups | | 4. Stir the orange juice and water into gelatin mixture. Chill until mixture begins to thicken.<br>5. Stir in pineapple.<br>6. Pour into pans and chill until set.<br>7. Cut and serve on lettuce. |
| Water | 1–1/2 cups | 3 cups | | |

* For 25-portion recipe, buy 2 No. 2–1/2 cans pineapple; for 50-portion recipe, buy 3 No. 2–1/2 cans pineapple.

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# WALDORF SALAD

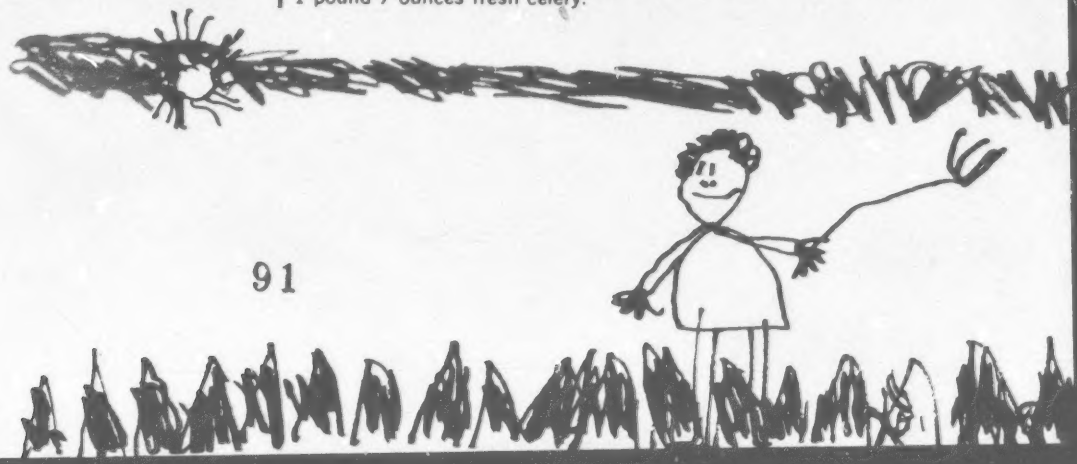
Portion: 1/4 cup

**Salads**

| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| *† Apples, pared, diced | 1 quart 1–1/2 cups | 2–3/4 quarts | | 1. Sprinkle apples with lemon juice. Combine apples, celery, sugar, salt, and mayonnaise. Toss to mix. Chill.<br>2. Serve on lettuce. |
| Lemon juice | 2 tablespoons | 1/4 cup | | |
| *† Celery, chopped | 2 cups | 1 quart | | |
| Sugar | 2 tablespoons | 1/4 cup | | |
| Salt | 1/4 teaspoon | 1/2 teaspoon | | |
| Mayonnaise | 1/3 cup | 2/3 cup | | |
| Nuts, chopped | 3/4 cup | 1–1/2 cups | | 3. Sprinkle with nuts (if mixed in, nuts cause apples to discolor). |

* For 25-portion recipe, buy 1 pound 15 ounces fresh apples and 12 ounces fresh celery.

† For 50-portion recipe, buy 3 pounds 14 ounces fresh apples and 1 pound 7 ounces fresh celery.



# AIDS FOR SANDWICH MAKING

Sandwiches may be served hot or cold, closed or open faced. Bread—the base of sandwiches—can provide variety in flavor, texture, size, and shape. Besides enriched white bread, use rye, pumpernickle, French, raisin, Italian, Boston brown, or cheese bread. Hamburger, frankfurter, hard, and soft rolls also make good sandwich bases.

## GENERAL INFORMATION

- Make sandwiches the day they are to be served.
- Assemble all equipment and materials in advance.
- Prepare fillings just before making sandwiches. Refrigerate fillings and ingredients for fillings except during actual preparation of sandwiches.
- Have all ingredients ready. Soften butter or margarine by letting it stand at room temperature. In some sandwiches the butter may be mixed with the filling, for example, peanut butter. If lettuce is used, it should be washed, crisped, and drained.

## AIDS FOR SANDWICH MAKING—Continued

### DIRECTIONS FOR SANDWICH PREPARATION

1. Arrange fresh bread in rows, for example, 4 rows of 10 slices each (20 sandwiches).
2. Spread all bread slices out to the edges with softened butter or margarine.
3. Portion filling on alternate rows of bread and spread to the edges or arrange sliced filling materials to fit sandwich.
4. If lettuce is used, arrange leaves on filling.
5. Place plain buttered slices of bread on the filled slices.
6. Stack several sandwiches together and cut with a sharp knife.
7. To keep sandwiches fresh, place in sandwich bags or waxed paper. Or place sandwiches in storage pans on damp towel covered with waxed paper and cover completely with more waxed paper and a damp towel.
8. Refrigerate until serving time.

### TOOLS AND EQUIPMENT

- Cutting board
- Knives
- Spoons
- Scoops

- Sandwich bags or waxed paper
- Towels
- Storage pans

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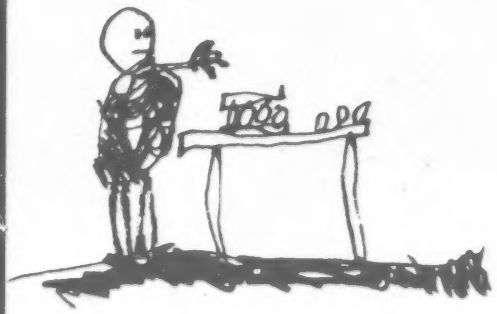
# GRILLED CHEESE SANDWICH



Portion: 1/2 sandwich

| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Butter or margarine, melted. | 1/4 cup | 1/2 cup | | 1. Brush pans with half of the fat.<br>2. Place half of the bread on the pans. |
| Sandwich bread | 25 slices | 50 slices | | |
| Cheese | 12–1/2 slices | 25 slices | | 3. Top each slice of bread with cheese. Cover with remaining bread slices.<br>4. Brush top of sandwiches with fat.<br>5. Bake 20 minutes at 400° F (hot oven). Turn sandwiches and bake 5 minutes longer. Cut each sandwich in half; serve immediately. |





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# WHITE SAUCE

| Ingredients | About 2 quarts | For ____ quarts | Directions |
|---|---|---|---|
| Butter or margarine | 1/2 cup | | 1. Melt fat; mix in flour and salt.<br>2. Stir into milk.<br>3. Cook and stir constantly until thickened. |
| All-purpose flour | 1 cup | | |
| Salt | 2 teaspoons | | |
| Hot milk | 2 quarts | | |

**Suggested uses**—Gravy; creamed and scalloped vegetables, eggs, fish, meat; cheese sauce.

# BEAN SOUP



Portion: 1/2 cup

| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| Dry beans | 2–2/3 cups | 1 quart 1–1/4 cups | | 1. Sort and wash beans.<br>2. Add beans to boiling water.<br>3. Boil 2 minutes.<br>4. Remove from heat. Cover and let stand 1 hour. |
| Boiling water | 2 quarts | 1 gallon | | |
| Ham bones | 10 ounces | 1–1/4 pounds | | 5. Add ham bones, onions, seasonings, and water to soaked beans and water. Cook covered for 3 hours. |
| *Onions, chopped | 3/4 cup | 1–1/2 cups | | |
| Sugar | 3/4 teaspoon | 1–1/2 teaspoons | | |
| Salt | 1 tablespoon | 2 tablespoons | | |
| Celery salt | 1–1/2 teaspoons | 1 tablespoon | | |
| Water | 3 quarts | 1–1/2 gallons | | |
| All-purpose flour | 1/3 cup | 2/3 cup | | 6. Blend flour and water and add to soup. Simmer 10 minutes, stirring occasionally.<br>7. Remove ham bones.<br>8. Serve soup with a garnish of chopped parsley. |
| Water | 1/3 cup | 2/3 cup | | |
| Parsley (if desired) | | | | |

* For 25-portion recipe, buy 6 ounces mature onions; for 50-portion recipe, buy 11 ounces mature onions.

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# AIDS FOR PREPARING FRESH VEGETABLES

See Food Buying Guide, pages 9 to 45, for quantity of fresh vegetables to buy for 25 and 50 servings.

Prepare fresh vegetables whether for serving raw or for cooking as shown below. If greens contain sand, wash them in fresh water at least 5 times or until there is no sand on the leaves. Lift the greens out of the water each time. If insects are present in broccoli or cauliflower, soak the vegetables in salted water for ½ hour and drain them before serving raw or cooked.

## DIRECTIONS FOR PREPARING

ASPARAGUS SPEARS
Break off tough stalk ends. Wash.

BEANS, BLACKEYE BEANS OR PEAS
Shell. (Scald pods to make shelling easier.) Rinse.

BEANS, GREEN OR WAX
Wash. Trim ends; remove any strings. Cut or break into 1-inch pieces.

BEANS, LIMA
Shell. (Scald pods to make shelling easier.) Rinse.

BEET GREENS
Wash thoroughly. Sort; cut off tough stems.

BEETS
Remove tops, leaving a 2-inch stem on beets. Wash. Do not pare or remove roots until beets are cooked.

BROCCOLI SPEARS
Cut off tough stalk ends. Wash. Cut broccoli lengthwise, if thick, to speed cooking.

BRUSSELS SPROUTS
Remove discolored outer leaves. Wash.

CABBAGE
Remove discolored outer leaves. Wash. Quarter and core. Crisp in cold water, if wilted. Cut in wedges or shred.

CARROTS
Wash. Scrape or pare. Cut as desired.

CAULIFLOWER
Remove outer leaves and stalks. Break into flowerets. Wash.

CELERY
Trim. Wash. Cut as desired.

CHARD
Wash thoroughly. Sort; cut off tough stems.

COLLARDS
Wash thoroughly. Sort; strip leaves from tough stems.


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## AIDS FOR PREPARING FRESH VEGETABLES—Continued

CORN ON COB
Husk; remove silks. Rinse; do not allow to stand in water.

EGGPLANT
Wash. Pare and cut in pieces or slices.

KALE
Wash thoroughly. Sort; strip leaves from tough stems.

MUSTARD GREENS
Wash thoroughly. Sort; cut off tough stems.

OKRA
Wash. Remove stem ends.

ONIONS, MATURE
Peel; rinse. Quarter if large or cut as desired.

PARSNIPS
Wash. Pare. Quarter lengthwise and cut as desired.

PEAS, GREEN
Shell. Rinse.

POTATOES
Scrub. Cook in skins or pare and remove eyes. Cut large potatoes to serving size.

RUTABAGAS
Wash. Pare and cut as desired.

SPINACH
Wash thoroughly. Sort; cut off tough stems.

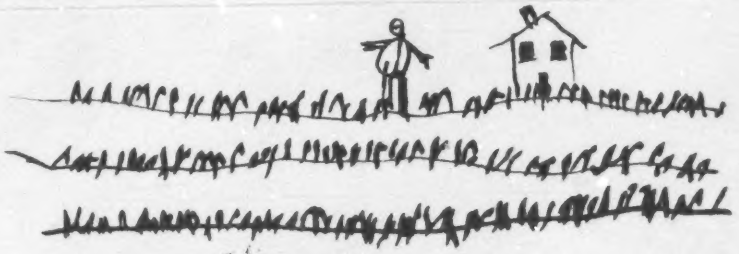
SQUASH, SUMMER
Wash. Trim and cut as desired.

SQUASH, WINTER
Wash. Cut in half; remove seeds, fiber, and peel. Cut into pieces. (If peel is hard and tough, soften by steaming or boiling 10 minutes.)

SWEETPOTATOES
Scrub. Sort for size.

TURNIP GREENS
Wash thoroughly. Sort; cut off tough stems.

TURNIPS
Wash. Pare and cut as desired.





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# BAKING POTATOES, SWEETPOTATOES, AND WINTER SQUASH

Portion: 1/4 cup



See Food Buying Guide, pages 9 to 45, for quantity of vegetables to buy for 25 and 50 servings.

Schedule baking of vegetables so they will be served soon after they are cooked. Bake each vegetable for the shortest time necessary to give a tender product. Use timetable below as a guide.

## Preparation and Timetable for Baking Fresh Vegetables

| Vegetable | Preparation | Approximate baking time | Oven temperature |
|---|---|---|---|
| Potatoes, sweetpotatoes. | Scrub. Sort for size | 1 hour | 425° F |
| Winter squash Acorn | Wash, cut in half. Remove seeds and fiber. Brush with melted butter or margarine and sprinkle with salt and with brown sugar, if desired. | 45 minutes covered; remove cover and bake 15 minutes longer or until lightly browned. | 400° F |
| Butternut or Hubbard. | Wash. If peel is hard and tough, soften by steaming or boiling 10 minutes. Cut, remove seeds, fiber, and peel. Cut into pieces. Brush with melted butter or margarine and sprinkle with salt and with brown sugar, if desired. | 45 minutes covered; remove cover and bake 15 minutes longer or until lightly browned. | 400° F |

## BOILING FRESH VEGETABLES—Continued

### Timetable for Boiling Fresh Vegetables (continued)

| Vegetable | 25 portions [1] | |
|---|---|---|
| | Boiling water | Cooking time |
| | | Minutes |
| Corn on cob | 2 cups | 5 to 15 |
| Kale | Water clinging to leaves | 10 to 25 |
| Mustard greens | Water clinging to leaves | 10 to 20 |
| Okra | 2 cups | 10 to 15 |
| Onions, mature | 2 cups | 15 to 35 |
| Parsnips, whole | 2 cups | 20 to 40 |
| Peas, green | 2 cups | 12 to 20 |
| Potatoes, whole | Water to cover | 25 to 40 |
| Potatoes, quartered | Water to cover | 20 to 25 |
| Rutabagas, pieces | Water to cover | 20 to 30 |
| Spinach | Water clinging to leaves | 3 to 10 |
| Squash | | |
| Summer, sliced | 2 cups | 8 to 20 |
| Winter, cut up | 2 cups | 15 to 30 |
| Sweetpotatoes, whole | Water to cover | 30 to 45 |
| Turnip greens | Water clinging to leaves | 10 to 20 |
| Turnips, whole | Water to cover | 20 to 30 |

[1] For 50 portions, use about twice as much water as specified in table and use the same cooking time as recommended for 25 portions.

# BOILING FROZEN VEGETABLES

Portion: 1/4 cup



See Food Buying Guide, pages 9 to 45, for quantity of frozen vegetables to buy for 25 and 50 servings.

Most frozen vegetables can be cooked without thawing. Thaw solid pack frozen vegetables such as spinach long enough to break apart easily. Broccoli spears will cook more uniformly if they are partially thawed. Corn on the cob should be partially thawed so that the cob will be heated when the corn is cooked.

Schedule cooking of frozen vegetables so they will be served as soon as they are cooked.

## Directions for Boiling

1. Add vegetables to boiling water. Add about 1 teaspoon salt for 25 portions. Cover. Bring water quickly back to boiling point.
2. Start timing when water returns to boiling point. Use timetable below as a guide. The length of time required to cook each vegetable cannot be stated exactly because the time differs with the variety, maturity, quality, and amount of vegetable. Frozen vegetables should be cooked until they are just tender.
3. Drain cooked vegetables and place in serving pans. Add butter or margarine to taste.

## Timetable for Boiling Frozen Vegetables

| Vegetable | 25 portions [1] | |
|---|---|---|
| | Boiling water | Cooking time |
| | | Minutes |
| Asparagus, cuts and tips | 2 cups | 7 to 10 |
| Beans, green or wax | 2 cups | 10 to 20 |
| Beans, lima | 3 cups | 10 to 18 |
| Broccoli spears | 2 cups | 8 to 15 |
| Brussels sprouts | 2 cups | 10 to 15 |
| Carrots, sliced or diced | 2 cups | 5 to 15 |
| Cauliflower | 2 cups | 5 to 10 |
| Corn, whole kernel | 2 cups | 5 to 10 |
| Corn on cob | Water to cover | 8 to 10 |
| Kale | 1-1/2 cups | 10 to 20 |
| Peas | 2 cups | 5 to 15 |

(continued)

# MASHED POTATOES

Portion: 1/4 cup



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| * Potatoes, pared | 3 pounds | 6 pounds | | 1. Boil potatoes until tender. (See page 102.) Drain.<br>2. Mash until smooth. |
| Hot milk | 1/2 to 3/4 cup | 1 to 1–1/2 cups | | 3. Gradually add just enough milk to moisten. Add salt and fat.<br>4. Beat until light and fluffy. |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | |
| Butter or margarine, melted. | 1/4 cup | 1/2 cup | | |

* For 25-portion recipe, buy 3–3/4 pounds potatoes; for 50-portion recipe, buy 7–1/2 pounds potatoes.

**Note**
For mashed potatoes using commercial potato flakes or granules, follow directions on the package for best results.

# OVEN-COOKED FROZEN BROCCOLI

Portion: 1/4 cup or 1 spear



| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Frozen broccoli, spears or chopped. | 3 pounds | 6 pounds | | 1. Allow broccoli to thaw overnight in packages on a shelf in the refrigerator. |
| Boiling water | 1/2 cup | 1 cup | | 2. Separate pieces and place 3 pounds in each baking pan (about 12 by 20 by 2 inches,. Pour one-half cup of water into each pan. Sprinkle 1–1/2 teaspoons salt over broccoli in each pan. |
| Salt | 1–1/2 teaspoons | 1 tablespoon | | 3. Cover pans and bake at 425° F (hot oven) 40 minutes or until done. Remove cover as soon as broccoli is cooked. |
| Butter or margarine, melted. | 1/4 cup | 1/2 cup | | 4. Pour fat over cooked broccoli. |

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# VEGETABLE SOUP

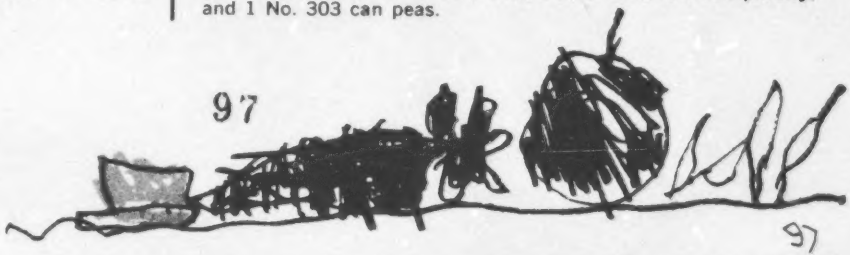
Portion: 1/2 cup



| Ingredients | 25 portions | 50 portions | For ____ portions | Directions |
|---|---|---|---|---|
| *† Canned tomatoes | 1 quart | 2 quarts | | 1. Combine all ingredients, except green peas.<br>2. Cook 45 minutes or until vegetables are tender. |
| *† Cabbage, chopped | 2 cups | 1 quart | | |
| *† Carrots, sliced | 1 cup | 2 cups | | |
| *† Celery, diced | 1/2 cup | 1 cup | | |
| *† Onions, chopped | 2/3 cup | 1–1/3 cups | | |
| *† Parsley, chopped | 1/2 cup | 1 cup | | |
| Barley or rice (if desired) | 2 tablespoons | 1/4 cup | | |
| Butter or margarine | 2 tablespoons | 1/4 cup | | |
| Salt | 1 tablespoon | 2 tablespoons | | |
| Water, vegetable liquid, or beef or chicken stock. | 2–1/2 quarts | 1–1/4 gallons | | |
| *† Canned green peas, drained. | 1/2 cup | 1 cup | | 3. Add peas. Reheat. |

* For 25-portion recipe, buy 2 No. 2–1/2 cans tomatoes; 9 ounces fresh cabbage; 7 ounces fresh carrots; 3 ounces fresh celery; 5 ounces mature onions; 1 ounce fresh parsley; and 1, 8-ounce can peas.

† For 50-portion recipe, buy 3 No. 2–1/2 cans tomatoes; 1 pound 2 ounces fresh cabbage; 13 ounces fresh carrots; 6 ounces fresh celery; 9 ounces mature onions; 2 ounces fresh parsley; and 1 No. 303 can peas.



# BOILING FRESH VEGETABLES

Portion: 1/4 cup



See Food Buying Guide, pages 9 to 45, for quantity of fresh vegetables to buy for 25 and 50 servings, and pages 98 and 99 for directions for preparing fresh vegetables.

Schedule cooking of fresh vegetables so that they will be served as soon as they are cooked.

## Directions for Boiling

1. Add prepared vegetables to boiling water. Add about 1 teaspoon salt for 25 portions. Cover. Bring water quickly back to boiling point.
2. Start timing when water returns to boiling point. Use timetable below as a guide. The length of time required to cook each vegetable can not be stated exactly because the time differs with variety, maturity, quality, and amount of vegetable. Each vegetable should be cooked for the shortest time necessary to give a tender product.
3. Drain cooked vegetables and place in serving pans. Add butter or margarine to taste.

## Timetable for Boiling Fresh Vegetables

| Vegetable | 25 portions [1] | |
|---|---|---|
| | Boiling water | Cooking time |
| Asparagus, cuts and tips | 2 cups | Minutes 5 |
| Beans, green or wax | 2 cups | 1 [illegible] ) |
| Beans, lima | 2 cups | 15 to 25 |
| Beets, whole | Water to cover | 45 to 60 |
| Broccoli spears | 2 cups | 10 to 15 |
| Brussels sprouts | 2 cups | 10 to 20 |
| Cabbage, shredded | 2 cups | 3 to 10 |
| Cabbage, wedges | 2 cups | 12 to 20 |
| Carrots, whole | Water to cover | 15 to 30 |
| Cauliflower flowerets | 2 cups | 8 to 15 |
| Celery, diced | 2 cups | 15 to 18 |
| Collards | Water clinging to leaves | 10 to 20 |

(continued)



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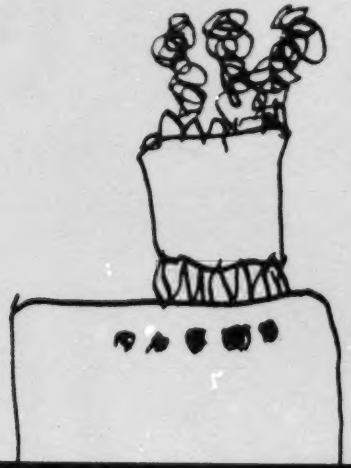
## BOILING FROZEN VEGETABLES—Continued

### Timetable for Boiling Frozen Vegetables

| Vegetable | 25 portions [1] | |
|---|---|---|
| | Boiling water | Cooking time |
| | | Minutes |
| Spinach | 1–1/2 cups | 5 to 14 |
| Squash, summer | 2 cups | 5 to 10 |
| Succotash | 2 cups | 10 to 18 |
| Turnip greens | 1–1/2 cups | 10 to 20 |
| Vegetables, mixed | 2 cups | 12 to 18 |

[1] For 50 portions use about twice as much water as specified in table and use the same cooking time as recommended for 25 portions.





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## HEATING CANNED VEGETABLES

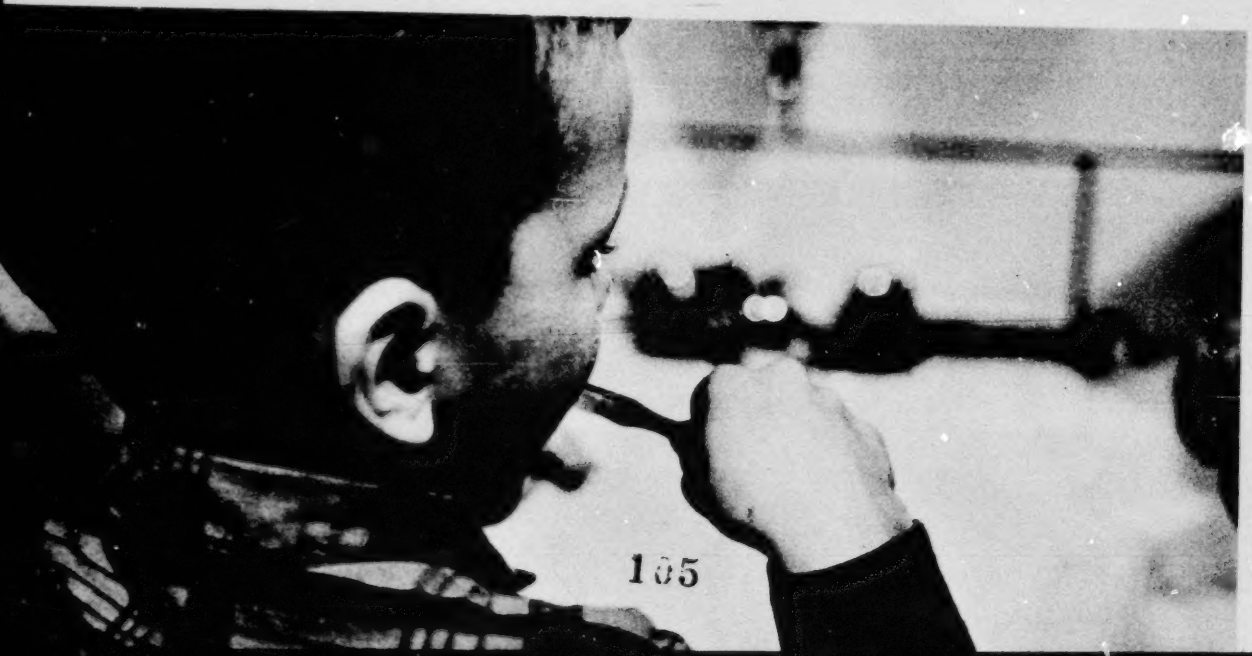
Portion: 1/4 cup



See Food Buying Guide, pages 9 to 45, for quantity of canned vegetables to buy for 25 and 50 servings.
Schedule heating of canned vegetables so they will be served as soon as they are heated.

### Directions for Heating

1. Heat vegetables gently in a saucepan.
2. Drain and place vegetables in serving pan. Add butter or margarine to taste.



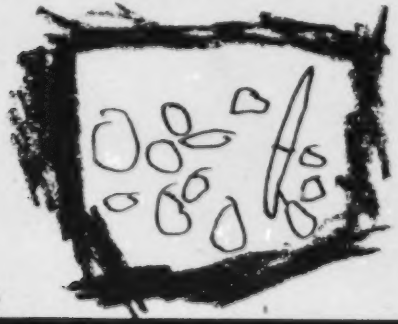
# SCALLOPED POTATOES

Portion: 1/4 cup

**Vegetables**

| Ingredients | 25 portions | 50 portions | For _____ portions | Directions |
|---|---|---|---|---|
| Butter or margarine | 1/4 cup | 1/2 cup | | 1. Melt fat. Mix in flour and salt.<br>2. Stir into milk.<br>3. Cook, stirring constantly, until thickened. Add onions. |
| All-purpose flour | 1/4 cup | 1/2 cup | | |
| Salt | 1 tablespoon | 2 tablespoons | | |
| Hot milk | 1 quart | 2 quarts | | |
| Onions, chopped (if desired). | 2 tablespoons | 1/4 cup | | |
| * Potatoes, thinly sliced | 2 quarts | 1 gallon | | 4. Cook potatoes until almost tender. (See page 102.) Place potatoes in greased baking pans. Cover with sauce.<br>5. Cover and bake at 350° F (moderate oven) 45 minutes or until potatoes are cooked. |

*For 25-portion recipe, buy 3 pounds 9 ounces fresh potatoes; for 50-portion recipe, buy 7 pounds 2 ounces fresh potatoes.





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## SUGGESTIONS FOR SERVING VEGETABLES



Vegetable appeal can be added by using spices, garnishes, and imaginative combinations.

### SPICES

Use the following:

- Nutmeg with beets
- Dry mustard with mixed vegetables
- Cinnamon with sweetpotatoes

### GARNISHES

Use the following:

- Lemon wedges or slices
- Minced green onion tops
- Sieved, hard-cooked eggs or yolks
- Pimiento strips
- Grated cheese
- Chopped toasted nuts
- Crisp bacon bits

### COMBINATIONS

- Mexican-style Green Beans—
  Combine cooked green beans and tomatoes with bacon bits, chopped green pepper, and chili powder.
- Green Lima Beans with Curry—
  Cook beans in chicken broth with a mere suggestion of curry.
- Quick Broccoli Hollandaise—
  Cook broccoli and serve with a hot lemon dressing made from mayonnaise and lemon juice.
- Brussels Sprouts Au Gratin—
  Pour small amount of chicken broth over cooked Brussels sprouts. Sprinkle with grated cheese and bake until cheese melts.
- Shredded Cabbage and Tomatoes—
  Combine cooked drained cabbage and thickened canned tomatoes. Add onions and green peppers cooked in butter.
- Pineapple-Carrot Coins—
  Cook carrot slices and pineapple tidbits in a butter sauce flavored with pineapple juice.
- Corn and Beans in Tomato Sauce—
  Combined whole kernel corn and green beans in tomato sauce.

(continued)



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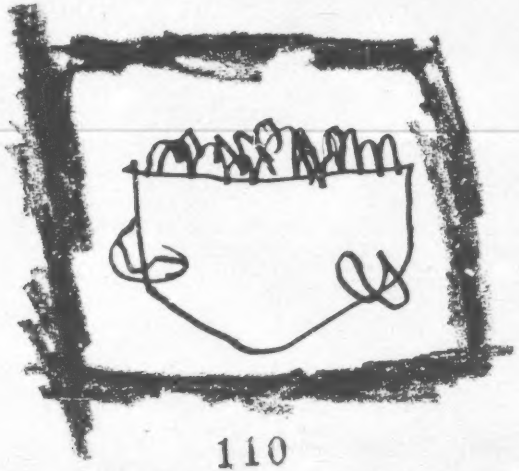
## SUGGESTIONS FOR SERVING VEGETABLES—Continued

### COMBINATIONS—Continued

- Polka Dot Corn—
  Combine canned corn, light cream, chopped green onions, and parsley; top with grated cheese and bake until bubbly.
- Green Peas and Pearl Onions—
  Season cooked peas and onions with chopped pimiento.
- Dutch Sweet Sauerkraut—
  Combine sauerkraut, diced apples, brown sugar, and celery seed and bake until lightly browned. Top with crisp bacon bits.
- Spinach-Cheese Bake—
  Cover partially cooked fresh spinach with tangy cheese sauce and brown in oven.



## FACTORS FOR DETERMINING AMOUNTS OF INGREDIENTS TO BUY FOR THE RECIPES

The following table is used for determining the amount by weight or in number of cans of ingredients needed in the recipes in this publication. All items which would be purchased by weight or in cans, except spices, are included. Those purchased by volume are not included.

### How To Use The Table

The amount by weight or number of cans of an ingredient needed in a recipe is calculated by multiplying the number of cups or quarts by the factor in the "cup" or "quart" column of the table.

**Example:** 1–1/2 cups of packed brown sugar are needed in the 25-portion recipe for Apple Crisp. Multiplying 1.5 by 0.44 pound, the factor for brown sugar in the "cup" column, shows that 0.66 pound of brown sugar is needed in the recipe to make 25 portions of Apple Crisp.

1.5 x 0.44 pound = 0.66 pound

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## FACTORS TO DETERMINE AMOUNTS TO BUY FOR RECIPES

| Food as purchased | Description of food as used in recipe | Purchase unit | Multiply the factor below by the number of cups or quarts needed in the recipe | |
|---|---|---|---|---|
| | | | Cup | Quart |
| APPLES<br>Fresh | Raw, pared<br>Diced or sliced | Pound | 0.35 | 1.40 |
| APRICOTS<br>Canned, halves | Drained | No. 2–1/2 can | .46 | 1.83 |
| BAKING POWDER | As purchased | Pound | .38 | 1.50 |
| BAKING SODA | As purchased | Pound | .38 | 1.50 |
| BARLEY | As purchased | Pound | .45 | 1.81 |
| BEANS, DRY<br>Blackeye, Great Northern, kidney, pea (navy or small white), pinto. | As purchased | Pound | .44 | 1.75 |
| Lima | | | | |
| Large | As purchased | Pound | .39 | 1.56 |
| Small | As purchased | Pound | .44 | 1.75 |
| BREAD CRUMBS, DRY | As purchased | Pound | .23 | .94 |
| BULGUR, CRACKED WHEAT | As purchased | Pound | .38 | 1.50 |
| BUTTER | As purchased or melted | Pound | .50 | 2.00 |



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## FACTORS TO DETERMINE AMOUNTS TO BUY FOR RECIPES

| Food as purchased | Description of food as used in recipe | Purchase unit | Multiply the factor below by the number of cups or quarts needed in the recipe | |
|---|---|---|---|---|
| | | | Cup | Quart |
| CABBAGE | | | | |
| Fresh | Raw, chopped | Pound | 0.28 | 1.11 |
| CARROTS | | | | |
| Fresh | Raw, diced or sliced | Pound | .38 | 1.52 |
| | Raw, shredded | Pound | .30 | 1.22 |
| CELERY | | | | |
| Fresh | Raw, chopped or diced | Pound | .35 | 1.42 |
| | Raw, cut in 1-inch pieces | Pound | .37 | 1.49 |
| CHEESE | Shredded | Pound | .25 | 1.00 |
| CHERRIES | | | | |
| Canned, red, tart, pitted | Drained | No. 303 can | .72 | 2.90 |
| COCOA | As purchased | Pound | .22 | .88 |
| CORNMEAL | As purchased | Pound | .33 | 1.31 |
| CORNSTARCH | As purchased | Pound | .28 | 1.12 |
| COTTAGE CHEESE | As purchased | Pound | .52 | 2.06 |
| FLOUR, ALL-PURPOSE | As purchased | Pound | .25 | 1.00 |
| LEMONS | | | | |
| Fresh | Juice | Pound | 1.27 | 5.10 |



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## FACTORS TO DETERMINE AMOUNTS TO BUY FOR RECIPES

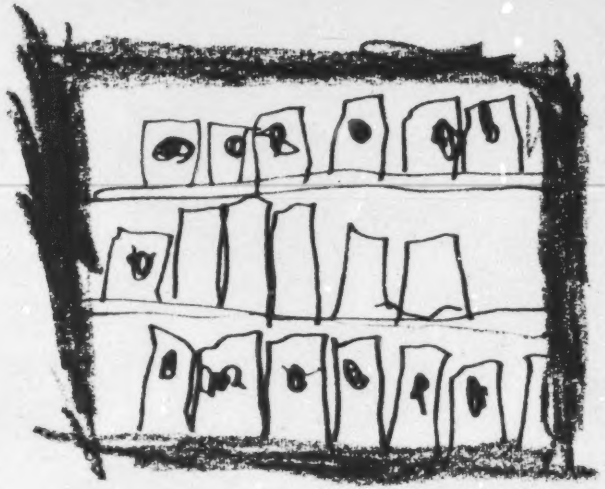
| Food as purchased | Description of food as used in recipe | Purchase unit | Multiply the factor below by the number of cups or quarts needed in the recipe | |
|---|---|---|---|---|
| | | | Cup | Quart |
| MACARONI, ELBOW | As purchased | Pound | 0.27 | 1.06 |
| MARGARINE | As purchased or melted | Pound | .50 | 2.00 |
| MILK, NONFAT DRY USDA donated | As purchased | Pound | .31 | 1.25 |
| NOODLES, BROKEN | As purchased | Pound | .14 | .56 |
| NUTS, SHELLED (pecans and walnuts) | Chopped | Pound | .28 | 1.12 |
| OATS, ROLLED | As purchased | Pound | .16 | .62 |
| ONIONS Mature | Raw, chopped | Pound | .42 | 1.68 |
| | Raw, quartered | Pound | .33 | 1.33 |
| | Raw, sliced | Pound | .26 | 1.05 |
| PARSLEY Fresh | Chopped | Pound | .09 | .36 |
| PEANUT BUTTER | As purchased | Pound | .58 | 2.31 |
| PEARS Canned, halves | Drained, diced | Pound | .90 | 3.58 |
| PEAS, GREEN Canned | Drained | No. 303 can | .58 | 2.34 |

## FACTORS TO DETERMINE AMOUNTS TO BUY FOR RECIPES

| Food as purchased | Description of food as used in recipe | Purchase unit | Multiply the factor below by the number of cups or quarts needed in the recipe | |
|---|---|---|---|---|
| | | | Cup | Quart |
| PINEAPPLE | | | | |
| Canned | | | | |
| Crushed | As purchased | No. 2–1/2 can | 0.39 | 1.58 |
| Tidbits | Drained | No. 2–1/2 can | .35 | 1.39 |
| POTATOES | | | | |
| Fresh | Raw, diced or sliced, thinly | Pound | .44 | 1.77 |
| RAISINS | As purchased | Pound | .38 | 1.50 |
| | Chopped | Pound | .31 | 1.25 |
| RICE | As purchased | Pound | .44 | 1.75 |
| | Cooked | Pound | .12 | .46 |
| SALT | As purchased | Pound | .66 | 2.62 |
| SHORTENING | As purchased | Pound | .44 | 1.75 |
| | Melted | Pound | .50 | 2.00 |
| SPAGHETTI | Broken | Pound | .17 | .69 |
| SUGAR | | | | |
| Brown | Packed | Pound | .44 | 1.75 |
| Confectioner's | Sifted | Pound | .27 | 1.06 |
| Granulated | As purchased | Pound | .44 | 1.75 |
| TOMATO PASTE | | | | |
| Canned | As purchased | No. 2–1/2 can | .32 | 1.27 |

## FACTORS TO DETERMINE AMOUNTS TO BUY FOR RECIPES

| Food as purchased | Description of food as used in recipe | Purchase unit | Multiply the factor below by the number of cups or quarts needed in the recipe | |
|---|---|---|---|---|
| | | | Cup | Quart |
| TOMATO PUREE Canned | As purchased | No. 2 can | 0.47 | 1.89 |
| TOMATOES Canned | As purchased | No. 2–1/2 can | .30 | 1.21 |
| WHEAT, ROLLED | As purchased | Pound | .19 | .75 |



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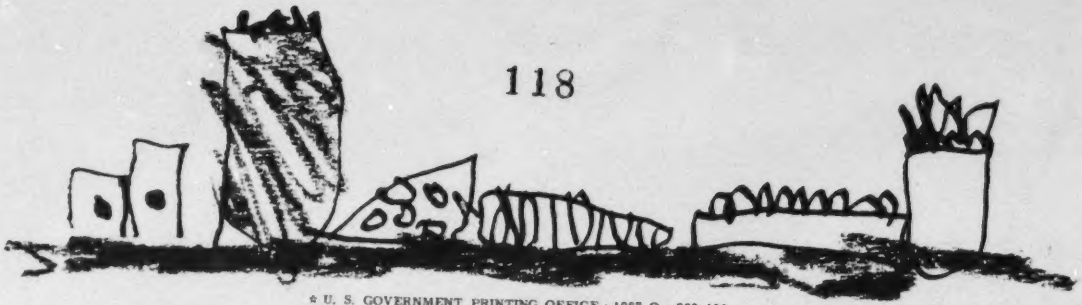



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